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High school students find delicious ways to stay fit.
 See Food, Page 1C



The Warrior baseball team makes its second visit to Busch Stadium.
 See Sports, Page 1B

Granite City Journal

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VOLUME 18, NUMBER 32

WEDNESDAY, APRIL 20, 1994

THIRTY-FIVE CENTS

Madison annexation plan being studied

By Mike Myers
 Staff writer

Residents of East Madison and Cloverleaf in unincorporated Nameoki Township have Madison mailing addresses. Fire protection is provided by the Madison Fire Department and their children attend Madison schools.

"The Madison Police Department handles calls out there — at least until the (Madison County sheriff) deputies arrive," said Madison Alderman Ron Grzywacz. "Face it: These people are Madisonians. Now that they say they want to be annexed into the city, I say we should do it."

Grzywacz said he had been approached by Nameoki Township Trustee Charles Reed, who represents the areas, about having them annexed into the city. Because the areas are surrounded by the city, both East Madison and Cloverleaf could be annexed into the city at any time, he believed.

In the past, however, city officials have said that the cost of

providing curbs, sidewalks, sewers and other infrastructure in the area would far outweigh the additional tax revenue it would bring the city.

"It's true we can't place a burden on the other citizens to provide East Madison and Cloverleaf with services," Grzywacz said. "But they can be brought in and pay for the services themselves."

Madison City Attorney Casper Nighohossian said that annexation of the areas does not automatically obligate the city to provide the areas with sidewalks, sewers and other improvements.

"The areas could be placed into a tax district where the residents pay for the improvements through a special tax," Nighohossian said.

"I believe that would require an election. And there may be



Grzywacz

grants available out there — we don't know.

"But the residents of the area should not come in anticipating that the city will end up paying for improvements, whatever they may be."

Madison Alderman John Hamm, who said he had also been approached by residents of the area about annexation, suggested that the city hold hearings in the areas to determine if the majority of the residents want to come into the city, and to explain the city's position on paying for improvements.

Nighohossian said he agreed with Hamm's suggestion. "I think we need to check the residents' expectations against the city's obligations or lack of obligations."

At Hamm's and Grzywacz's request, the aldermen voted last week to have the Buildings, Lands and Zoning Committee begin researching the annexation and the possibility of setting hearings.

(See MADISON, Page 10A)

Aldermen studying options

By Bob Slate
 Staff writer

Some Granite City aldermen want to know just what their options will be next April.

Last month, voters in Granite City overwhelmingly said "yes" to a referendum that will cut the size of the City Council by half, from 14 aldermen to seven, next year.

The 15th alderman is completing an at-large term.

But some aldermen are now asking about the specifics of the impending reduction.

"Was the referendum worded properly? Was its timing appropriate?"

Can the results be reversed or at least modified by another vote?

(See OPTIONS, Page 6A)

Defense begins in Maeras arson trial

By Mike Myers
 Staff writer

Testimony from two defense witnesses Monday chronicled the activities of Jerry Maeras on Oct. 12, 1988, from early evening to the time of the fire at Golden Auto on Madison Avenue.

But also on Monday, the final prosecution witness testified that Maeras had approached him last week and asked him "to remember" activities that the witness said never took place.

Maeras is charged with arson in the fire Oct. 12, 1988, that burned his Golden Auto building — the former Lahey Funeral Home — on Madison Avenue in Madison. His trial in federal court in East St. Louis was scheduled to continue Tuesday.

Vicki Foreshee of Granite City testified that she had picked up Maeras at Golden Auto at about 6 p.m. the day of the fire. She said they had gone to a

tanning salon and then to a used car dealer in Granite City before returning to Madison and having drinks at Al's 520 Club — about a block from Golden Auto — until about 11 p.m.

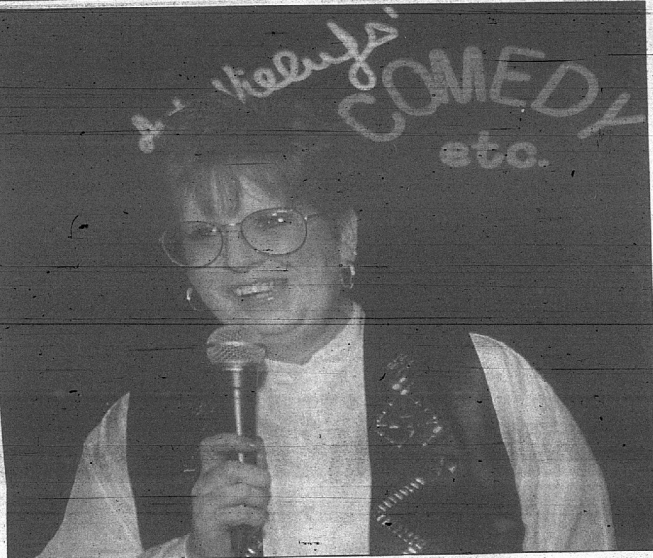
She said that, except for the time they were in separate tanning booths, he was not out of her sight "for more than a couple of minutes" the entire time.

Under cross-examination, Foreshee said she had never come forward with the information that she had been with Maeras that night until last week because "nobody ever asked."

Pressed about the importance of the information to Maeras, she said she had no way of knowing Maeras was a suspect in the fire and "I wasn't going to volunteer (the information). If someone wanted to know, they could ask."

Keith Hillmer of Granite City

(See TRIAL, Page 10A)



(Staff photo by JOHN SWISTAK JR.)
 Christine Stedman, who used to be C. Atnip, delivers a one-liner recently at Art Vieluf's Comedy etc. in Collinsville.

Forty and funny Woman taking stab at career in comedy

By Martin Richter
 Staff writer

Christine Stedman paced the small stage, and deadpanned into the microphone.

"I'm sick and tired of all this talk about sex in the '90s being dangerous," she said.

"Is this a big surprise? I mean come on, if you're in your '90s, there are going to be injuries..."

About three times a month, the former Granite City woman takes the stage at area comedy clubs, from Art Vieluf's Comedy etc. in Collinsville to Funny Bone Comedy Clubs in St. Louis County and Catch a Rising Star at Union Station.

She also has appeared at clubs in Ohio and Indiana, and on a cable TV show. Stedman is determined to make it in the world of stand-up comedy.

Stedman only recently got up the nerve to start

"I always wanted to do this. I always wrote jokes and tried to make people laugh. I think the main reason I waited so long was it's not a traditional thing to do."

— Christine Stedman

making her comedy dreams a reality. She did her first open mic night shortly after turning 40 last April, and has since quit her job at St. Elizabeth's Hospital in Belleville.

"I always wanted to do this," she said. "I always wrote jokes and tried to make people

(See COMEDIAN, Page 4A)

No information highway for Crown

Some residents of northern Madison County will be taking a ride on the information highway this fall, but a spokesman for Crown Cable in Maryville says his company has no plans at this time to join up.

Dave Miller, general manager of Crown Cable, said customer demand is an undetermined factor and that Crown has no plans to install fiber-optic lines in the area, which covers Collinsville, Maryville, Troy, Edwardsville, Granite City and Glen Carbon, among others.

"We're certainly keeping a close eye on all the new technology, but we have to determine the public demand for this," Miller said. "You can have 500 channels, but we're not sure how much interest there is or how much people would be willing to pay for expanded services."

TCI's network in St. Louis city and county should be completed in 1996, officials said. Fiber-optic cables, which are made of thin glass strands, will allow interactive transfer of computer information as well as video and sound.

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Dave Miller
 Crown Cable

those communities in the coming months, the company said.

Later, Alton and Godfrey, two other communities served by TCI, will be added to the fiber-optic lines.

"TCI's network in St. Louis city and county should be completed in 1996, officials said.

Fiber-optic cables, which are made of thin glass strands, will allow interactive transfer of computer information as well as video and

sound. The TCI of Illinois system will initially give the company space for 72 television channels, up from 36 now offered, and could eventually handle more than 700 channels.

The first additions to the fiber-optic network will be the Sega Channel and FX, a new network from 20th Century Fox. The Sega Channel will provide video games to

(See CROWN, Page 10A)

Victims First open house Saturday

Victims First, a new Madison County group providing care for sexual assault and sexual abuse victims, will hold a free informational open house from 10 a.m. to 2 p.m. Saturday, April 23, at Bethel Evangelical Free Church, 2450 Stratford Lane (at Maryville Road) in Granite City.

The public, volunteers and any agencies are welcome. For more information, call 797-6588.

In the Journal

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Deaths

Herman Brewer
 David Costello
 Richard Jones
 Sandra Pugh
 Arline Robertson
 Susie Siegel
 Margaret Studebaker
 Thomas Williams

Coming Thursday

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A hometown tradition for 62 years

Arrests by the hundreds

Police efforts only 'keeping lid on boiling pot' of drugs

Last of four parts
Law enforcement officials are searching for a new way to help win the war on drugs. With hundreds of drug-related arrests in Madison County each year, officials are beginning to conclude it may take more than prison time and treatment programs to control drug abuse.

"The attraction to cocaine and crack cocaine is so great," Madison County State's Attorney William Haine said. "We're making arrests by the hundreds, but all we're really doing is keeping the lid on a boiling pot."

"Drug use cuts across all races and classes," he said. "People have placed a need for pleasure above their duties elsewhere. The law is being carried out, and it's tough, but the addiction is such a powerful force. It's going to take a concentrated teamwork to get a grip on this situation."

Statistics compiled in the Madison County Coroner's Office appear to bear out the popularity of cocaine use. In the last five years, autopsies have revealed that 60 people who died in accidents, suicides or crimes had cocaine in their systems. That represents about one in every 10 autopsies.

The Illinois Department of Corrections is housing 7,000 inmates convicted of drug possession or distribution charges. The state incarcerates about 35,000 inmates, but a breakdown is unavailable on how many are serving time on violent drug-related offenses, including murder and armed robbery.

In Madison County, about 95 percent of the offenders convicted of drug possession each year are sentenced to probation, Madison County Associate Judge J. Lawrence Keshner said.

The corresponding statistic for defendants found guilty of drug distribution was

unavailable.

In 1993, the latest statistics available, there were 459 convictions in Madison County on charges of illicit drug possession and distribution. Of those defendants, 105 were sentenced to prison and 354 to probation.

While drug treatment is a condition of probation, repeat drug offenders are becoming common courthouse fixtures.

"We definitely need some kind of program to help drug abusers," said Keshner, who disposes of dozens of felony drug cases each year. "Warehousing (drug abusers) in prison is not the answer. It subjects them to a vicious environment instead of the counseling and support they need."

But, he said, drug pushers deserve to sit in prison. "Now, the people who deliver drugs are a whole different story. Some of these offenders may face mandatory prison time. There's a 100 percent difference between the people addicted to cocaine and the people who sell it for profit. That's when you have to separate the men from the boys."

Keshner said he favors an organized drug treatment program and as a member of the Illinois Bar Association is helping to research a solution.

"We're looking at a system in Florida set up by (Attorney General) Janet Reno," he said. "Users who commit violent crimes face prison, but nonviolent offenders are sent to treatment. We're willing to do whatever it takes, even propose new legislation, to turn this problem around. Right now the system is lax beyond limit."

Everyone seems to support preventative education programs like DARE, or Drug Awareness Resistance Education, but it is too soon to determine how effective it is.

"DARE is going after an entire generation, and it's too soon to determine the outcome,"

said Jere Juenger, director of the Metropolitan Enforcement Group of Southwestern Illinois. "It's something we should continue, in addition to interdiction and treatment."

Juenger said the increasing abuse of cocaine and crack cocaine is a societal problem.

"I don't think anyone knows what to do with these people," he said. "The courts and jails are full of drug offenders, and we're running out of space. At this point I'm afraid all we can do is try to control the drug problem and put enough pressure on the younger generation to keep them away from it."

Officials scoffed at one proposed solution: legalizing drugs.

"It's ludicrous," Juenger said. "We already have enough problems dealing with the violent crimes which are a direct result of drug use. If drugs are legalized, you would see an increase in drug use and crime. The two go together."

Haine said legalization would be the downfall of society.

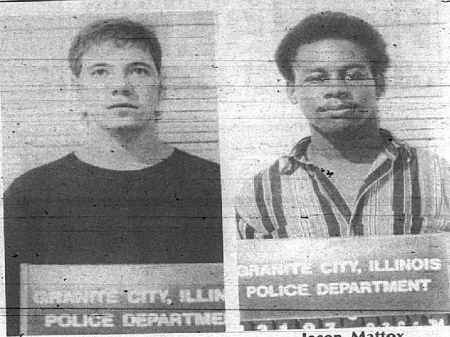
"Legalization is the white flag of surrender," he said. "I hope we never see it. We're working too hard to clean this mess up."

Ultimately society will have the final say.

"If we plan on making progress in this war, we have to work together," Haine said. "We have to collectively reject cocaine. It's wrong, it's destructive, and it's evil. The law will not be able to solve this problem unless the people stand behind it."

"It's not new in American history. We had the same problem with whiskey before Prohibition."

— From the Alton Telegraph



City's Most Wanted

Christopher R. "Bo" Rivera and Jason Mattox are among those individuals wanted by Granite City police.

Rivera, 21, of the 3500 block of Kirkpatrick Homes, is wanted on a felony warrant charging him with aggravated battery.

Bond on the warrant is \$50,000.

In a Feb. 17 incident, Rivera is alleged to have caused bodily harm to a woman he knew to be pregnant at the time.

Mattox, 22, of East St. Louis, is wanted on a felony warrant charging him with unlawful possession of a controlled substance.

Bond on the warrant is \$75,000.

In a March 4 incident at the Illini Motel, Mattox allegedly possessed more than 15 grams but less than 100 grams of a substance containing cocaine.

Persons with information about the whereabouts of either Rivera or Mattox are urged to call the Granite City police department at 877-6111.

Big Brothers/Sisters Appreciation Week

April 23 is Big Brothers/Big Sisters' Volunteer Appreciation Week. Big Brothers/Big Sisters of Southwestern Illinois pays tribute to its

volunteers — dedicated men and women who donate gifts of time and support to help children in St. Clair and Madison counties.

To find out more about how you can become a Big Brother or Big Sister, call 465-4384 or join the organization at its next informational meeting on Thursday, April 28, at 6:30 p.m.

The meeting will be held at 2850 Homer Adams Parkway C, Alton.

Believe it or not, a student can't be a volunteer.

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Fire calls

Station 1

April 1

• 2:43 p.m. responded to a natural gas leak in the 3000 block of Pershing.

• 5:51 p.m. reset a fire alarm at 24th Street and Grand Avenue.

• 7:43 p.m. responded to an automobile accident at Highway 3 and Pontoon Road.

• 7:53 p.m. assisted an ambulance call in the 2000 block of Bryan.

April 2

• 5:25 p.m. responded to a grass fire in the 2400 block of Iowa.

• 7:25 p.m. acted as backup for station 3 in the 2500 block of Parkway.

April 3

• 3:55 p.m. acted as backup for station 2 on 27th Place.

April 4

• 12:30 p.m. responded to complaint of gas odor in the 2500 block of Grand.

• 12:48 p.m. acted as backup for station 3 at Quik Trip, 3120 Nameoki Road.

• 8:19 p.m. assisted an ambulance call at Quik Trip, 2159 Madison Avenue.

• 9:31 p.m. responded to an auto-

mobile accident at Highway 3 and Chain of Rocks Road.

April 8

• 8:14 p.m. responded to a car fire at 19th Street and Niedringhaus Avenue.

April 9

• 9:30 p.m. responded to a call in the 2500 block of Benton.

• 11:45 p.m. responded to a car fire in the 1800 block of Cleveland.

April 11

• 1:35 p.m. responded to sewer problems in the 3200 block of Princeton.

Station 2

April 1

• 7:43 p.m. assisted an ambulance call at Highway 3 and Pontoon Road.

April 2

• 10:30 a.m. responded to complaint of downed electrical wire in the 2700 block of Denver.

• 2:15 p.m. responded to a tree fire in the 2700 block of Nameoki

Road.

April 3

• 3:50 p.m. responded to an electrical fire on 27th Place.

April 4

• 9:30 p.m. responded to an automobile accident at Highway 3 and Chain of Rocks Road.

April 6

• 7:34 a.m. responded to a three-car automobile accident at the overpass on 19th Street.

April 8

• 12:20 p.m. responded to an automobile accident at Route 3 and Niedringhaus.

April 9

• 6:38 p.m. assisted an ambulance call in the 2400 block of Logan.

• 7:09 p.m. assisted an ambulance call in the 2100 block of Ohio.

April 10

• 4:39 a.m. assisted an ambulance call in the 2400 block of Illinois.

Station 3

April 1

• 9:15 a.m. responded to an automobile accident at Emert and Maryville Road.

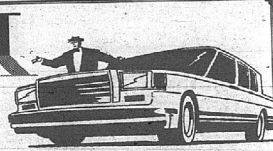
• 6:46 p.m. responded to complaint of electrical problems in the 3600 block of Nameoki Road.

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COUPON

\$4.00 OFF Any Updo Service

Bring this ad in and receive 20% OFF your entire purchase in our Supply Area!!

Not good with other specials. • Expires 4/30/94

SIU tuition hike will be 3 percent

CARBONDALE—Students in the Southern Illinois University system won't have to dig as deeply into their pockets next fall as expected, unless they attend one of the SIU professional schools.

The SIU Board of Trustees Thursday approved a 3 percent tuition increase for undergraduate and graduate students at SIU at Edwardsville and SIU at Carbondale.

The board had been expected to vote on bigger increases for each of the next two school years, but Chancellor James Brown backed off the earlier recommendation.

"Many circumstances have led me to reconsider these proposals," Brown said. The decision was shaped by concern for the welfare of the universities and their students, as well as political realities, he said. "I try attending the Senate Appropriations Committee hearing, listening to talk in the House, talking to Illinois Board of Higher Education people, talking to local politicians," Brown said. "That's the reality of politics, and there's a nice little specific formula to define that."

During recent budget hearings, legislators questioned the proposed SIU increases and those of other state universities, noting that the Board of Higher Education recommended only a 3 percent increase next school year. The earlier proposal included a 5.63 percent increase for SIU students next fall and a 5.26 percent boost for the 1995-96 school year. Thursday's board action does not address 1995-96 tuition at either university.

Brown, SIU President Nancy Beck and SIUC President John Guyon said the smaller increases would delay needed expenditures.

Beck said the additional revenues would have helped reduce SIUC student-faculty ratios and helped purchase needed library and instructional materials.

Only Trustee William Norwood voted against the smaller increases. Trustees A.D. VanFleet Jr., Molly D'Esposito, Celeste Stiehl and George T. Wilkins Jr. voted in favor, and Trustees John Brewster and Harris Rowe were attending a funeral and absent from the meeting.

Norwood said it is important that tuition be affordable, but not so low that the quality of academic programs is threatened.

"We might jeopardize some access, but we do need to pay bills," he said. Later he said, "I don't think it's enough."

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Commencement to be split into five ceremonies

The 1994 commencement ceremonies at Southern Illinois University at Edwardsville, scheduled for Saturday, May 7, will consist of five separate ceremonies taking place in two different indoor locations throughout the day, University officers confirmed this week.

The ceremonies will be the first held at the University since SIUC converted to the semester system last fall.

Each of the commencement programs will follow the same general pattern, with the names of degree candidates read as they have been during previous ceremonies at the University.

Commencement will begin at 9 a.m. with ceremonies for the School of Fine Arts and Communications, Humanities, Sciences, and Social Sciences, and University College taking place in the Vadalabene Center.

At 11 a.m., commencement ceremonies for the School of Nursing will be held in Meridian Ballroom in the University Center.

Commencement for School of Education degree candidates will be held at the Vadalabene Center at 1 p.m., followed by ceremonies for the School of Engineering in Meridian Ballroom at 3 p.m.

School of Business commencement exercises are scheduled at the Vadalabene Center at 5 p.m. Additional information concerning commencement may be obtained by contacting Janice McCreynolds in the SIUE Office of the Provost and Vice President for Academic Affairs at 692-3778.

Stiehl said the decision was difficult. "These people deserve the best education we can possibly give them," she added that affordability has been an SIU hallmark.

Full-time SIUE undergraduate students will pay \$1,773.40 next school year, a hike of \$51.60. Full-time graduate students' tuition will be \$1,905.60, up \$56.40.



Officials for a day — DeMolay members became city officials for a day on Wednesday. From left in the front row are: Scott Yokley, Nathan McCrory, Jason Blanton, Matt Gilley, Bill Pope and Chad

Browning. From left in the back row are Mayor Ron Selph, Police Chief Dave Ruebhausen, Fire Chief Keith Talley, Gail Valle, city treasurer, Bob Stevens, city clerk, and Darlene Laub, township assessor.

Coast Guard move called cost effective

Finances played a major role in the decision by the U.S. Coast Guard to move its industrial base to Granite City from the south St. Louis riverfront, officials said Monday.

Coast Guard officials said the base and two river buoy tenders — formerly moored on the south St. Louis riverfront but heavily damaged by the Great Flood of 1993 — will relocate to the U.S. Army Melvin Price Support Center. Some 90 military and civilian personnel are involved in the move.

Not moving, however, is the Coast Guard's Second District St. Louis headquarters, which will remain in downtown St. Louis. (Based on information from the office of U.S. Rep. Jerry Costello, the Journal reported Sunday that the headquarters would also be moving to Granite City.)

Coast Guard officials said Monday the cost of constructing new facilities here is estimated at \$9.1 million, more than \$2 million cheaper than the estimated cost to restore the flood-ravaged present base, officials said. Base personnel are currently working out of a leased facility in north St. Louis.

"The Granite City Army Support Center offers a strategic site and superior logistical support at a location that is well protected from flooding," said a press release issued by the Coast Guard Second District public affairs office.

The St. Louis base was also flooded in 1973.

The base manufactures aids-to-navigation shore markers and

stores buoys that river tenders use to mark river channels. The base also performs selected search and rescue and law enforcement operations on the rivers in the St. Louis area.

The river tenders Sumac and Cheyenne, which will move to the new base, maintain river channel markers on the Mississippi and Missouri rivers.

Although moving the offices and staff of Coast Guard Group Upper Mississippi River from Keokuk, Iowa, was included in initial plans, that proposal has been scrapped, the Coast Guard said.

In addition, more than 200 Coast Guard workers will remain on duty in St. Louis. The Second Coast Guard District's headquarters, located at 1222 Spruce St. in St. Louis, and the Coast Guard's Central Regional Recruiting Command in Hazelwood will remain in Missouri.

Mike Hahne's Bellemore Shell, Inc.

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Learn more about one of the most common forms of cancer

Each year, more than 700,000 Americans are diagnosed with skin cancer — one of the most common forms of cancer. Studies show skin cancer is caused by repeated sun exposure, and in many cases can be prevented by taking a few simple precautions. Fortunately, skin cancer is the easiest cancer to detect, and if found early enough, most cases can be treated successfully.

St. Elizabeth Medical Center will be offering free skin cancer screenings

Saturday, April 30, from 9 a.m. to noon, at two locations:

Collinsville Health Center
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Comedian

(Continued from Page 1A)

laugh. I think the main reason I waited so long was it's not a traditional thing to do.

"When I turned 40, I was like, 'OK, I better do it. Time is running out,'" she said.

Stedman, who now lives in Maryville, says her earliest experiences in comedy may have been "disrupting the class" at Prather Junior High School. She said her maiden name "Anip" may have been a factor as well.

"I went through half my life being 'C. Anip,'" she said. "You had to have a sense of humor. It was on the back of my gym suit and everything."

Compared to Stedman, 38-year-old Raymond Mileur of Collinsville is an old hand at stand up. Mileur, who calls his comic alter ego "Leon, the Bad Boy of Comedy," did his first open mic night at the Westport Funny Bone in 1987.

"I died on stage," he said.

Not one to give up easily, Mileur made the drive from his home in Murphysboro to Westport each week, did his five-minute routine and drove back, getting home at 2:30 in the morning.

Today, Leon is a hit. He's headlined more than a dozen clubs in several states, has an agent in Louisville and works three or four nights a week.

"I wanted to be a rock star, but I couldn't sing or play an instrument," Mileur said. "A lot of comedians are like that frustrated musicians."

Like Stedman, Mileur lived a more conventional life before deciding to make a go of comedy. He is a former Marine, and was a city councilman, Chamber of Commerce Director and Man of the Year in Murphysboro. He moved to Collinsville about a year ago.

Both comedians say a good night on stage is an incredibly positive experience.

"It's a good feeling when you're on stage," Mileur said. "It's a power thing; you control the audience. It's almost like

Group to aid Phoenix Center

In response to great demands made on the Phoenix Crisis Center, Art Vielut's Comedy, Etc., has joined with the Leon Show to form Stand-Up For, a not-for-profit venture to assist Phoenix in its 1994 fund-raising efforts.

Local groups may make application to reserve Art Vielut's and the Leon Show at no cost to the organization.

Approved groups will receive all funds generated by advance and at door ticket sales. Ticket sales are expected to raise \$2,000 to \$5,000 per event, depending on the organization and its efforts.

Vielut is donating the use of his comedy club, Art Vielut's Comedy, Etc., and comedian Leon and friends will provide the entertainment at no expense to the local charities and civic organizations.

In addition, R.L. Mileur and Associates will provide management consulting services to the organization to ensure the success of the events. The goal for Stand-Up For is to raise \$50,000 for local groups in 1994.

Organizations interested in taking advantage of this opportunity can pick up applications at Art Vielut's Comedy, Etc., the Rain-tree Restaurant or by calling Raymond Mileur at R.L. Mileur and Associates at 344-4883 to have an application sent to them.

the laughter embraces you. It's almost like meditation or a religious experience.

"And it feels good after the show to see people leaving, and they're smiling. Maybe for a couple hours, you helped them forget about the world."

Stedman said, "I have to pinch myself to believe I'm doing this, and people are paying me. It's like a dream."

But both also agree that being a comedian isn't as easy as some people think. The most challenging part of the job is writing new material.

Both said they get much of their material from things that happen to them in real life. Sted-

man said she gets material from her family, including her "handicapped" daughter; Mileur keeps notebooks by his bed and in his car to jot down inspirations.

"It's very personal," Mileur said. "You have to open yourself up a bit."

"A lot of people think they can just get up there and tell jokes that they've heard, but you have to be able to write," Stedman said.

"Comedians don't tell jokes," he said. "It's more like commentary, or just a conversation with the audience. Just tell the truth, and people think it's funny."

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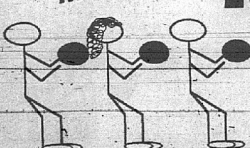
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Anti-Klan activist cancels plan

An Edwardsville man has changed his mind about confronting the Ku Klux Klan with a counter-rally May 6.

"I have a schedule conflict, and I won't be there," said William Lambert, an attorney who had said he would be joined by at least 200 other blacks for a major confrontation with the Klan.

The Knights of the Ku Klux Klan plan to rally May 6 on the plaza between the Madison County courthouse and Administration Building in Edwardsville, and Lambert had said it was wrong for civil rights groups to ignore the gathering.

Lambert said he decided to cancel the counterdemonstration because he did not want others to participate without him.

"I hate for them to go to a dance I can't be at," he said.

In a statement to newspapers Thursday, Lambert said he was persuaded by "much freely given advice" and a great deal of consultation that any African-American confrontation with the KKK may be "counter-productive."

Lambert said he would withdraw because the clash might result in violence.

"I don't anticipate anything would happen in terms of violence, but I did not want to be somewhere, else if it did," he said.

His statement asks blacks to ignore the Klan rally.

Lambert had criticized black leaders in Madison County as being too timid because of their willingness to ignore the Klan rally.

Lambert, who does not deny anyone's right to speak, said he thought the confrontation would

be healthy for a whole generation of young black people who have not seen racial hatred.

"If they do not know what it could happen, like the Holocaust, it could happen again," he said.

Law enforcement officials have downplayed the rally and asked others to ignore the Klan.

— From the Alton Telegraph

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Jury awards ex-coach \$40,000 in suit over back pay from BAC

By Bonita Tilman
Staff writer

Belleville Area College must pay former girls' athletic coach Nancy Theis \$40,000 in back pay and benefits for wrongly terminating her contract in 1989, a St. Clair County jury ruled Thursday.

Neither College President Joseph Cipri, nor BAC attorney Patrick Young returned calls from the Journal to comment on whether the college will appeal the decision.

Theis' attorney, Rosemary McGuire, asked jurors for an award somewhere between \$41,531 and \$57,961 to compensate Theis for salary and benefits she was owed for the two-year contract she would have had with the college between 1989 and 1991.

Young said the college had released Theis to bring the athletic program in line with the

Title IX federal program which requires equality in men's and women's sports programs.

Although the college could have kept Theis on in an administrative post as coordinator for intramural and women's athletic coach, Cipri did not recommend that act because he "could not justify another layer of administrators' just to please Theis," Young said.

Theis coached basketball, softball and volleyball a year at the college for four years, but the college failed to renew her contract for the next two years as previously agreed.

The college then offered to let her coach the school's women's softball team at \$3,000 a year with no benefits, but she refused the position.

Young argued that Theis could have made more money if she had applied for similar jobs elsewhere in the field. Since she allegedly did not use "ordinary

care" to reduce the amount of her losses, the college should not pay her, he added.

But McGuire said Theis refused the part-time BAC job after her firing because the salary was not close to what she had made at BAC. And the timing of her release (eight days before the start of the season) made it difficult to get another full-time job, she said.

"You'll see it was not unreasonable that she turned that down," McGuire said.

McGuire also alleged that Cipri was not as interested in the Title IX program as he was in downsizing the staff.

Although the college released Theis from her contract, officials failed to reduce the money spent for the two programs. The college still spent \$17,000 more for the men's programs than it did for women's programs the year after Theis was fired, McGuire said.



(Staff photo by PAM DOLPKE-HURD)

Finding the equator — Ann Schaeffer, an instructor from the St. Louis Science Center, points out the route of the Earth's equator after Joe McClure, 11, found it on a large scale floor map of the earth. Students were using the map last week to study rain forests.

Gift that keeps giving: Annuities benefit church

The Catholic Diocese of Springfield in Illinois is offering gift annuities for persons who wish to plan for retirement in a way that also benefits the church.

"Many people generously support the church throughout their lives," says David Kremer, director of the Office for Stewardship and Development for the Catholic Diocese. "Gift annuities are a great way to continue that generosity while still ensuring financial security during the retirement years."

An annuity is a gift given either in a lump sum or in installments. In return, the annuitant (person designated to receive the income) receives fixed quarterly payments after age 60 at a guaranteed rate for as long as he or she lives.

The rate is determined by the age when the lump sum gift is made or the gift installments are complete and when the first income payments are to be paid to the donors. Two-life annuities create a guaranteed income for two persons as long as either or both lives.

After the death of the annuitant, the remainder of the

gift (original sum plus earnings less costs and payments made) reverts to the beneficiary designated by the donor.

"Our beneficiary may be your local parish or parish school," Kremer says. "Or, your gift may help assure the future of the Catholic Church in our diocese through the Foundation for the People of the Roman Catholic Diocese of Springfield in Illinois. The Foundation houses endowed gifts where only the earnings of the gifts produce money ever be spent. You may also choose that your gift be sent directly to the Bishop of the Diocese to be spent at his

discretion."

Kremer said gift annuities have several advantages, including the fact that the annual rate is guaranteed at the time the annuity is established.

For more information about establishing a gift annuity, contact the Office for Stewardship and Development at the Catholic Diocese of Springfield, 1615 W. Washington St., Springfield, Ill. 62704. The telephone number is (217) 686-1590.

The Catholic Diocese of Springfield in Illinois includes 109 parishes in 26 counties in central Illinois.

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Ex-workers to meet

All former employees of General Steel Industries Corp. are invited to join in a get-together and meet with old friends from General Steel. Spouses also are welcome.

The fifth annual gathering will be held from 9 a.m. to noon Saturday, May 7, at the Granite City Township Hall, 2060 Delmar Ave.

Anyone interested in attending or obtaining additional information may call 344-3797 or 981-1226.

Pilots Association to meet Tuesday

The Gateway Chapter of the Illinois Pilots Association will meet Tuesday, April 26, at Panorama Lanes in Belleville.

Hospitality hour begins at 6 p.m., followed by dinner at 7 p.m. and the program at 8 p.m.

The speakers will be Tim Mood and Fred Harms of the Federal Aviation Administration.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, April 20

Granite City Board of Realtors, meets at noon at Ravanelli's Restaurant, Granite City. Granite City Business and Professional Women, meeting at Jerry's Cafeteria, Dinner at 6:30 p.m., followed by a program at 7:15. Open to the public. For more information call 931-1112 or 876-8914.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 796-3019.

Singles Connection, Dinner at 6:30 p.m. at Pantera's, Edwardsville. Call Ben at 285-1656. Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 463-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4220. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, April 21

Mount Zion Baptist Church, 4:30 to 6 p.m. at 2827 Mockingbird Lane, "Meals from the heart," a free meal to those in need. Clothing available. Open to the public. Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 900 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Village lanes, Granite City, 876-8467.

Al-Anon, 9:30 a.m., St. Elizabeth Church quilting room, 2300 Pontoon Road, 463-2429.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar, 24-hour hotline number is 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, April 22

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group, Call Curt Williams, 877-5172, for information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Singles Connection, Social hour at 7 p.m. at Silvermoon, Collinsville. Call Doris at 827-4506 for more information.

STEMISS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 796-3604 for more information.

Saturday, April 23

Obsessive/Compulsive Disorder Support Group, meets at Von Gontard Conference Center at St. John's Mercy Medical Center, 615 South New Bullis Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call 1 (314) 843-3578.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar, 24-hour hotline number is 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon.

Singles Connection, Dinner at 7 p.m. at Red Lobster, Fairview Heights. Call Frank at 876-4315 for reservations.

Victims' First, an open house and informational meeting for the care of sexual assault victims in Madison County, 10 a.m. to 2 p.m. at Bethel Evangelical Free

Church, 2450 Stratford Lane, Granite City. Public volunteers and agencies are welcome to help us help victims. Call 797-8588 for more information.

Sunday, April 24

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Narcotics Anonymous, Live the steps, 8 p.m., 2016 Delmar, 24-hour hotline number is 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 876-8467.

Craft Show and Flea Market, 9 a.m. to 4 p.m. at the Knights of Columbus Hall, 4225 Old Alton Road, Granite City. For additional information, directions or to reserve a table, call 797-5417.

Moose Lodge Bingo, 1:15 p.m. at the Nameoki Bingo Center.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Singles Connection, Brunch at Pare Marquette. We will carpool from First Federal Savings and Loan parking lot, 300 St. Louis St., Edwardsville, at noon. Call Gary at 656-1756.

Monday, April 25

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, Room E.

Madison County Computer Club, meets 7 p.m. at Well United Church of Christ facility, 180 Cottonwood Road, about 1/2 mile east of Highway 159. Beginners as well as experienced computer users are welcome to attend. Members

share information about new hardware and software, mostly for IBM compatibles.

Senior Social Club, business meeting at 6 p.m. at the Township Hall. Dessert is served following the meeting. Games and bingo are played at 7 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for non-offending parents of victims, meets from 6 to 7:30 p.m. at South-

ern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 876-2124 or 931-5655.

TOPS 11, 9:45, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, April 26

Benevolent and Protective Order of Elks, Granite City Lodge (See CALENDAR, Page 8A)

TIRE CITY OF GRANITE CITY

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MEGA IV WHITEWALL

Size	Price
P155/80R13	34.95
P165/80R13	39.95
P185/80R13	44.95
P185/75R14	47.95
P195/75R14	48.95
P205/75R14	49.95
P205/75R15	51.95
P215/75R15	53.95
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Size	Price
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P165/80R13	34.85
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P185/80R13	38.85
P185/75R14	39.85
P195/75R14	40.85
P205/75R14	43.85
P215/75R14	45.85
P205/75R15	47.85
P215/75R15	48.85
P225/75R15	48.85
P235/75R15	49.85

MONTEGA SPEED RATED A/S BLACKWALL

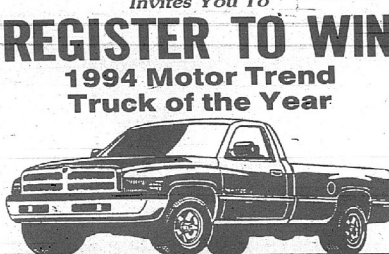


Size	50,000 Mile Treadwear Expectancy	Price
P175/70R13		38.85
P185/70R14		39.85
P195/70R14		42.85
P205/70R14		47.85
P205/70R15		49.85
P205/65R15		48.85
P215/65R15		49.85

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COMANCHE R/V LT A/S ROWL

Size	Price
P205/75R14	49.85
P205/75R15	53.85
P215/75R15	56.85
LT235/75R15	59.95
30X950R15	68.85
31X1050R15	69.85

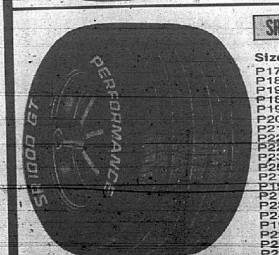
COMANCHE R/V LT A/S BLK

Size	Price
LT215/85R16	74.85
LT235/85R16	79.85
LT225/75R16	76.85
LT245/75R16	78.85

MONTEGA SPEED RATED A/S WSW

Size	50,000 Mile Treadwear Expectancy	Price
P185/70R14		39.85
P205/70R14		48.85
P215/70R14		51.85
P205/70R15		51.85
P215/70R15		53.85

SR 1000 GT PREMIUM PERFORMANCE A/S SBR RWL



Size	55,000 Mile Treadwear Expectancy	Price
P175/70SR13		40.75
P185/70SR13		41.75
P185/70SR14		43.75
P185/70SR15		45.75
P205/70SR14		46.75
P205/70SR15		48.75
P215/70SR14		50.75
P215/70SR15		52.75
P225/70SR15		54.75
P235/70SR15		56.75
P215/60SR15		57.75
P215/60SR14		55.75
P245/60SR14		56.75
P195/60SR15		55.75
P225/60SR15		56.75
P255/60SR15		57.75
P275/60SR15		58.75

ULTRA PREMIUM WSW

Size	60,000 Mile Treadwear Expectancy	Price
P155/80R13		36.85
P165/80R13		37.85
P175/80R13		38.85
P185/80R13		39.85
P185/75R14		40.85
P195/75R14		42.85
P205/75R14		44.85
P205/75R15		45.85
P215/75R15		46.85
P225/75R15		48.85
P235/75R15		50.85
P185/70R14		42.85
P195/70R14		44.85
P205/70R14		46.85
P215/70R15		48.85

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Racehorse track owners get together

SPRINGFIELD — Illinois racehorse owners say they want to be on track for more revenue if riverboat gambling is allowed to expand to Chicago and elsewhere.

A mutual support agreement between horse owners and race track owners was announced last week at a Statehouse news conference. Horse owners will support racetrack owners' efforts to claim some of the new casino licenses if the horse industry can have a bigger chunk of off-track betting income and are reimbursed for further losses because of more gambling competition.

Madison County horse owners have said they are worried that the plunging number of bets at Fairmount Park racetrack in Collinsville since riverboat gambling began could eventually close the track. Madison County is one of the state's leading race-horse breeding areas.

The proposal pushed Tuesday would require revenue from new casinos to be used to reimburse

the horse racing industry for losses.

In addition, horse owners would get a \$16 million a year cut from off-track betting income.

Owners said their purses have declined \$4.5 million per year in the past four years while their costs have gone up about 15 percent.

Gov. Jim Edgar has said concessions for the horse racing industry must be part of any final agreement on expanding casino gambling. Edgar is a big fan of horse racing.

Horse owners complained Tuesday they have not shared in the increased revenues from off-track betting. They said the track commissions increased from \$63.1 million in 1983 to \$146.2 million last year due to off-track betting, while purses totaled \$77.2 million last year compared with \$62.2 million in 1983.

— From the Alton Telegraph

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Planning for a Comfortable Retirement

Brian Mulhall, Partner
America Group Financial Services
Thursday, April 21 7:00 to 8:00 PM
Poncheon Beach Senior Center

Written material: A Guide to Financial Retirement Planning, Creating a Personal Investment Strategy, a Recap of the 1993 Tax Law Changes and the following from Social Security: Retirement, How Your Retirement Benefit is Figured, A Request for Earnings & Benefit Estimate Statement

- Some of the topics to be addressed
- Minimize risk & increase investment success via asset allocation.
 - Determining which pension payment option may be best for you.
 - Investing "DO's" and "DON'Ts"
 - How dollar cost averaging may be of benefit to you.
 - Should one take Social Security at age 62 or wait for a larger amount?
 - What is the greatest financial risk one faces over their lifetime?

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Sundays 8:00-5:00

Calendar

(Continued from Page 7A)

1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

People Needing People Bereavement Support Group, 7 to 9 p.m., Wiesman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County, 798-3399.

Singles Connection, Walleyball held at 6:30 p.m. at the YMCA, Esic Drive, Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-5315.

TOPS 1899, 6:45 p.m. at the Anchorage Recreation Center, 2909 Edwards St.; call 692-4340 or 797-0562.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Al-Anon, 8 p.m., St. John United Church, 2601 Nameoki, Granite City, 463-2420.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 463-2429.

Alateen Program for 12 to 17 age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar, Granite City, 463-2429.

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ghaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 224-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to recovery, 8 p.m., 2016 Delmar, 24-hour hotline number is 398-9405.

School of Metaphysics, 7:30 to 10:30 p.m., 9458 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

The Gateway Sounds Chapter of Sweet Adelines meets for rehearsal at 7:30 p.m. at the Collinsville Senior Citizens Center, 420 E. Main in Collinsville. Ladies who enjoy singing four-part harmony barbershop style are welcome to audition. Kevin Nelson is the director. For more information, call 345-1886, 234-3452 or 331-1409.

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Critical-care nursing course set

Southern Illinois University at Edwardsville will offer a course in critical care nursing this summer. Classes for the course, Critical Care Nursing (NURS 458), will be held from 4:30 to 7:30 p.m., beginning May 24 and continuing through Aug. 2. Instructor for the course is Thomas S. Ahrens, critical care clinical specialist at Barnes Hospital in St. Louis. The course may be taken for academic credit or non-credit. Registration for the course is \$318.00 for undergraduates and \$318 for graduate credit. Registration will be \$200 for those wishing to take the course for non-credit. The course was developed to expand the knowledge of critical care nursing for both beginning and experienced nurses. For information call 692-3210 or 692-3930.

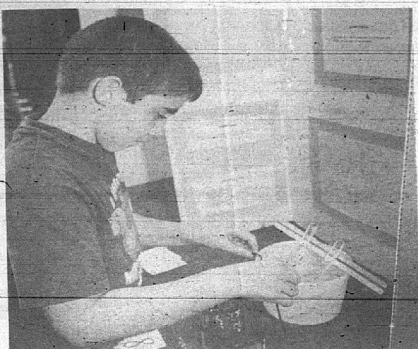
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Ready — Phillip Matoesian, a sixth-grader at Niedringhaus School, readies his science project for judging in the 11th annual Illinois Junior Academy of Science Region 12 Science Fair, held recently on the campus of Southern Illinois University at Edwardsville. Of the 1,100 entries in the fair, 50 contestants and eight alternates were chosen to represent Region 12 in the state science fair.

Retired teachers will meet

The three units of the Madison County Retired Teachers Association will meet at 11 a.m. Friday, April 29, at Friedens United Church of Christ, 207 E. Center St., Troy.

Lunch will be served family-style, at a cost of \$6 per person. Reservations are due by April 22. Unit Three will be the host.

Don White of Highland, Area IV representative and a member of the Illinois Retired Teachers Association executive board, will discuss issues being considered by the IRTA.

Ralph Cox of Belleville, director of Region IX of the IRTA, will speak on "Challenges for Retired Teachers." Harry A. Briggs of Granite City, Madison County regional superintendent of schools, will discuss legislation.

During the morning session, the Henning High Notes, an elementary school chorus of 70 students from Troy, directed by Sheila Acunius, will entertain.

Also, John L. "Jack" Leckel, a retired teacher from Morton High School, Cicero, Ill., will speak on the writing of his recent book, "An Apple From the Teacher," a compilation of recipes and anecdotal material from retired teachers of Illinois. Leckel is a graduate of Collinsville High School.

Seminar Saturday for those interested in military education

U.S. Rep. Richard J. Durbin, D-Ill., has announced that he will host a seminar for all interested high school students and parents in the 20th Congressional District on educational opportunities in the military.

The seminar will be held on Saturday, April 23, from 10 a.m. to noon at Collinsville High School, 2201 S. Morrison, Collinsville, in the gymnasium.

"There are many educational opportunities available through the U.S. military," Durbin explained. "I hope this seminar will provide valuable information to prospective service academy students and parents, as well as those interested in ROTC. I invite all interested students and parents to attend."

Representatives from the Military Academy (West Point), the Naval Academy (Annapolis), the Merchant Marine Academy, the Coast Guard Academy and the Reserve Officer Training Corp (ROTC) will be on hand to provide information and answer questions.

Durbin explained that members of Congress are allowed to submit up to five candidates each year to four of the nation's service academies.

Each institution makes the final selections based on merit, and the United States government pays all tuition costs.

To handle requests for service academy nominations, Durbin relies on a nonpartisan board of local teachers and parents, which interviews each applicant personally.

For more information or directions, call 1-800-252-8463.

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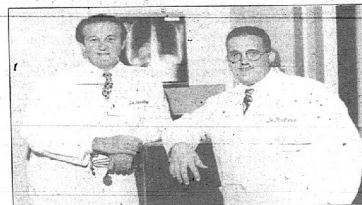
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- On Staff of Wood River Township Hospital
- Past President, St. Louis Chiropractic Research Foundation
- Member - American Chiropractic Association
- Member - Illinois Chiropractic Society
- Granite City Born and Raised
- 29 Years of Family Practice

- Dr. Otto Rebert Scholarship Award - Logan Chiropractic College
- First in Class Chosen to be Teaching Associate in Chiropractic Department
- On Staff of Wood River Township Hospital
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- Member - American Biomechanical and Bioengineering Association
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Obituaries



Arline Robertson

Arline R. (Runkle) Robertson, 86, of Granite City died at 9:40 p.m. Sunday, April 17, 1994, at Bethesda West Nursing Home, Ellisville, Mo., where she had been a patient since Sept. 25, 1991.

She was born June 24, 1907, in Standardsville, Va., and had been a resident of Granite City since 1950. Mrs. Robertson was a clerical worker with the Department of the Army at the Army Depot in Granite City for 23 years prior to her retirement in 1977. She was a member of St. John United Church of Christ, Granite City.

Survivors include one son, Donald W. Robertson of High Ridge, Mo., and two grandchildren.

She was preceded in death by her husband, Bertram Robertson; her parents, Marcellus and Edith (McMullan) Runkle; seven brothers and one sister.

Services are at 10 a.m. today at Irwin Chapel, 3560 Maryville Road, Granite City, with the Rev. Luther Abbott officiating. Burial will be at Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for the St. Louis Alzheimer's Association or the St. Louis Parkinson's Disease Association.

Susie Siegel

Susie Rose (Danco) Siegel, 93, of Collinsville died at 1:45 p.m. Sunday, April 17, 1994, at Anderson Hospital, Maryville. She was born March 5, 1901, in Czechoslovakia.

A meat cutter with Hunter Packing Co. prior to her retirement, she was a member of Meat Cutters Local 545.

Survivors include one son, Stephen J. Siegel Jr., of Collinsville; one daughter, Norma Metzger of Collinsville; two brothers, John and Paul Danco, both of Granite City; three sisters, Mary Rudney of Florida, Mildred Brown of Syracuse, Ind., and Della Bednara of Chicago; six grandchildren and 10 great-grandchildren.

She was preceded in death by her husband, Stephen J. Siegel Sr., whom she married in 1920 in East St. Louis and who died in December 1970; one son, Edward Siegel; her parents, Andrew and Ann (Leichten) Danco; two brothers, Andrew and Joseph Danco; and one sister, Ann Rudney.

Services are at 10 a.m. today at Herbert A. Kassy Funeral Home, 515 Vandalla St., Collinsville, with the Rev. Michael Jenkins officiating. Burial will be at Mount Carmel Cemetery, Belleville.

Memorials in the form of Masses to Mother of Perpetual Help Catholic Church, Maryville, are suggested.

Approximately 40 percent of the calories in the average American diet are from fat, the American Heart Association says. In order to decrease the risk of atherosclerosis, heart attack and stroke, the AHA recommends less than 30 percent of calories come from fat.

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Richard Jones

Richard R. Jones, 66, of Granite City was pronounced dead at 1:55 p.m. Sunday, April 17, 1994, in the emergency room at St. Elizabeth Medical Center.

He was born June 13, 1927, in Granite City, where he had been a lifelong resident.

A heating, ventilating and air conditioning maintenance man with Emerson Electric Co. for more than 10 years prior to his retirement in 1992, he was of the Catholic faith.

Mr. Jones was a service veteran. Survivors include three sons, Richard Jones of LaFollet, Fla., John Jones of Bunker Hill and Steven Jones of Granite City; one daughter, Katherine M. Jones of Fenton, Mo.; one brother, Earl Jones of Granite City; seven grandchildren and seven great-grandchildren.

He was preceded in death by his wife, Doris Lee (Doty) Jones; and his parents, J. and Agnes (Patterson) Jones.

Graveside services and burial were held Tuesday at Sunset Hill Memorial Estates, Glen Carbon. Arrangements were by Irwin Chapel, Granite City.

Memorials are requested for the Irving J. Seilkoff Occupational Medicine Program.

David Costillo

David J. Costillo, 65, of Granite City, formerly of St. Louis, died at 11:05 a.m. Saturday, April 16, 1994, at St. Elizabeth Medical Center after a three-year illness.

He was born April 3, 1929, in St. Louis and had been a resident of Granite City since 1957. He served in the Air Force for four years, Army Reserves two years and Marine Reserves eight years.

Mr. Costillo was a stationary engineer with Dynopac at the Melvin Price Support Center, Granite City, for eight years prior to his retirement in 1991. He was a member of Holy Family Catholic Church, Granite City; Knights of Columbus, Fourth Degree; American Legion, Granite City; and a Drill Team member.

Survivors include his wife, Shirley A. (White) Costillo, whom he married Dec. 19, 1953; three sons, David Costillo of Santa Clara, Calif., and Michael Paul Costillo and Andrew Costillo, both of Granite City; one daughter, Catherine Costillo of Granite City; one sister, Mary Ann Costillo of Chicago; and nine grandchildren.

He was preceded in death by his parents, Jose and Marie (Bartlett) Costillo; and one sister, Emerelda.

Services were held Tuesday at Holy Family Catholic Church, Granite City, with the Rev. Tom Wise officiating. Burial was at Jefferson Barracks National Cemetery, St. Louis County. Arrangements were by Irwin Chapel, Granite City.

Memorials are requested for the American Lung Association or Holy Family Catholic Church.

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Herman Brewer

Herman J. Brewer, 47, of Granite City died at 9:53 a.m. Saturday, April 16, 1994, at Alton Memorial Hospital after a seven-year illness.

He was born Feb. 17, 1947, in Palmer, Mo., and had been a resident of Granite City for 26 years. A loader with Laclede Steel Co. for 20 years prior to his retirement in 1987, he was an Army veteran and was of the Protestant faith.

Survivors include his wife, Paula Darlene (Haffner) Brewer, whom he married Oct. 12, 1968; two daughters, Paula and Crystal Brewer, both of Granite City; four brothers, William Brewer of Orlando, Fla., Paul and Charles Brewer, both of Granite City, and Nathan Brewer of Mitchell; one sister, Betty Schultz of St. Peters, Mo.; and one grandchild.

Services were conducted Tuesday at Hutson Funeral Home, Steeleville, Mo., with the Rev. Delmar Hutson officiating. Burial was at Palmer Cemetery, Palmer, Mo. Local arrangements were by Werner Chapel for Funerals, Pontoon Beach.

Memorials are requested for the Palmer Church in care of Werner Chapel for Funerals, 3335 Lake Drive, Pontoon Beach, Ill. 62450.

Thomas Williams

Thomas Evan Williams, 58, of Winter Haven, Fla., formerly of Boyceville, Wis., and Granite City, died Monday, April 18, 1994, at Winter Haven Hospital.

He was born Dec. 12, 1935, in Boyceville and had been a resident of Granite City prior to moving to Winter Haven 15 years ago.

Mr. Williams was a painting contractor; a member of St. Joseph's Catholic Church, Winter Haven; and the Winter Haven Moose Lodge; and a Korean War U.S. Army veteran.

Survivors include his wife, Marjorie F. Williams; one son, Stanley Hoffman of Winter Haven; three daughters, Rhonda Dooley of Granite City, Stacy Cain of Lake Wales, Fla., and Christie Williams of Denver; one brother, Jean Alan Williams of Granite City; and eight grandchildren.

Arrangements are pending at Mitchell-Hadden Funeral Home, 232 Sixth St. Northwest, Winter Haven, Fla., 33881, (813) 293-4127.

Madison

(Continued from Page 1A)

"I think we're way behind the times on this," Grzywacz said. "If the city doesn't expand its boundaries, it will stagnate. I think the time has come to light some sort of fire under the city and get it going."

"This (annexation) should have been done 25 or 30 years ago. 'If we had done it back then, they would already have sidewalks, sewers and everything else by now.'"

M. Studebaker

Margaret (Lynch) Studebaker, 79, of Bethany, Okla., formerly of Granite City, died Friday, April 15, 1994, in Oklahoma City.

She was born Oct. 8, 1917, in Granite City and had been a resident of Bethany since April 1969. She graduated from Washington University, St. Louis, in 1943 with a degree in education.

Mrs. Studebaker was a member of Calvin Presbyterian Church, Oklahoma City, where she was part of the Women's Organization and Mobile Meals.

Survivors include her husband, Roger C. Studebaker, whom she married Feb. 13, 1943; one son, Roger J. Studebaker of Walnut Creek, Calif.; two daughters, Sandra Greenwood of Crystal Lake, Ill., and Carol Graham of Woodbridge, Va.; one sister, Frances Lynch of Granite City, Okla.; and six grandchildren.

Visitation is from 1 to 2 p.m. today at Calvin Presbyterian Church, Oklahoma City, where services will be held at 2 p.m. today. Burial will be at Resurrection Cemetery, Oklahoma City.

Arrangements are by Gene Adams Funeral Service, Bethany, Okla., (405) 495-4363.

Memorials are requested for the Margaret Studebaker Memorial Fund at Calvin Presbyterian Church.

Sandra Pugh

Sandra Lee (Bohn) Pugh, 55, of Collinsville, formerly of St. Louis, died Friday, April 15, 1994, at Missouri Baptist Hospital, St. Louis.

George Bohn of Joplin, Mo., one sister, Ruthie Doninger of Lake Forest, Ill., and one granddaughter.

Services preceded in death by her parents, Nicholas and Naomi (Richards) Bohn.

There will be no visitation. Her remains were cremated. A memorial service will be held at 2 p.m. Saturday, April 23, at Laughlin Funeral Home, 205 Edwardsville Road, Troy.

Mounds cookbook

"Mounds of Food" is the title of a new cookbook prepared by the Chokio Mounds Volunteers.

The book contains 350 recipes submitted by the volunteers, staff and friends of Chokio Mounds. Several Native American and ethnic recipes are included, along with recipes that are unique and imaginative.

If you would like to purchase "Mounds of Food," it is available by mail order for \$7, plus \$2 postage/handling, payable to the Chokio Mounds Volunteer Organization, P.O. Box 681, Collinsville, Ill., 62234, or call 315-1867 or 344-2272 to place your order.

Crown

(Continued from Page 1A)

subscribers and allow subscribers to play one another over the fiber-optic net; including the network across the river. TCI has about 20,000 customers in the Alton area and a total of 130,000 in the St. Louis area.

Lewis and Clark Community College plans to develop programming for a channel on the system. TCI officials want to add a cooking channel, science fiction channel and a country music station.

About 500 pages of new cable regulations were recently approved by the Federal Communications Commission, and more regulations could be forthcoming.

Such federal regulations could make fiber-optic installation a dangerous business proposition, Miller, of Crown, said.

"Obviously, there's a cost for that, and we're not sure how much of that would or could be passed on to the customer," he said.

TCI has spent about \$42 million to string fiber-optic lines in St. Louis and another \$2.7 million for the conversion in the Alton area.

— From the Alton Telegraph

Trial

(Continued from Page 1A)

testified that he and his wife were to meet Maeras at Golden Auto that night and go out for food and drinks.

He said Maeras, who was a passenger in a van, had flagged down his car near Al's 520 Club and he followed the van toward Golden Auto. He said the van with Maeras went around one side of the Golden Auto building and he went to the other side.

Hillmer said that, while driving up to Golden Auto, he saw smoke coming out of the top floor and then heard an explosion.

He said he started banging on the doors of the building and eventually Maeras came out of a garage door shouting "fire!"

According to Hillmer's testimony, Maeras said he was going to Ralph and Charlie's Restaurant, located a block away, to call the fire department.

Prosecution witnesses earlier testified that Maeras had come into Ralph and Charlie's in a hurry shortly before the fire, ordered a drink, perhaps made a telephone call and then left.

Hillmer said that, after Maeras left, he pulled across Madison Avenue and watched the fire department arrive. Hillmer said he later saw Maeras, but said "he looked angry" so Hillmer went home.

Under cross-examination, Hillmer said he had not told anyone about his activities that night until last fall when he read an article in the Granite City Press-Record about Maeras being charged with arson.

At that time, Hillmer said, he tracked down Maeras and offered to help "if I could."

Hillmer said Maeras had been "like a father to me and especially to my wife" and "he

would never do something like this." Prosecutor Joel Merkel asked, "Would you lie to protect your father?"

"No sir, I would not," Hillmer said.

An expert who testified earlier, Clyde Goin, a special agent with the Illinois State Fire Marshal's Office, had said there could not have been any smoke before the explosion.

Asked if Goin was lying, Hillmer said, "He can have his opinion. I only know what I saw."

Brian Long testified for the prosecution that Maeras approached him last Thursday and "asked me to remember" that Long had been with Maeras until 6:30 p.m. the night of the fire, that Long had climbed onto the roof of a garage at Golden Auto and used plywood to board up a window, and that Long had helped prop up a gutter after the fire.

None of those things happened, Long said.

On Thursday, Madison Police Chief Paul Bargiel testified that, at Maeras' request, Bargiel went to the Golden Auto building after the fire and Maeras explained that he had a theory that the person who started the fire had climbed up a drainpipe onto the roof of a one-story attached garage and then entered the building through a second-floor window.

But Bargiel testified that he discounted the theory because the drainpipe would not bear any weight and its paint showed no marks of having been climbed; the gutter that would have had to have been used to pull up on the roof also would not bear any weight; and the tar roof, which clearly showed footprints when Bargiel walked on it, showed no footprints except those of firemen boots.



My father always said, 'No fuss, just busy me quick and get on with life.' I know what he meant, but we felt uneasy. It just seemed incomplete.

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Horoscope

Wednesday, April 20, 1994
Simple arithmetic tells us that the sun is entering Taurus, the sign of talent and money, today. Venus, the ruler of Taurus, is already in this thoughtful, careful and sometimes calculating sign, so money matters need attention. Don't delegate financial decisions to others to handle. Intuition arising from dreams or first impressions clues you into the true value of any investment.

ARIES (March 21-April 19). An opponent forces your hand today. Confront friends and colleagues only when you are perfectly calm. You meet a financial obligation just in time. A lover's approval gives you a feeling of warmth.

TAURUS (April 20-May 20). Support a pal's latest creative or business endeavor. Colleagues invite you to collaborate on a special project. Avoid playing games with a manipulative love interest. Spend money on your appearance.

GEMINI (May 21-June 21). You are ahead of the game when you are equipped with the latest technology. Avoid making several major purchases in a row. A spouse or lover is sensitive to your needs. Keep up a correspondence with a relative.

CANCER (June 22-July 22). Confide in a close friend, and you find you are not alone. A spouse or partner is more responsive when you refrain from being argumentative. An educational obligation is a drain on your resources. Be punctual.

LEO (July 23-Aug. 22). A disorganized employer or supervisor is a source of frustration on the job. Avoid saying things you do not mean in the heat of the moment. Continue to request a payment until you receive a check. Enjoy romance tonight.

TODAY'S BIRTHDAY (April 20). Your patience and persistence pay off.

Superman to come home

The original Superman will appear at the first annual Superman Comes Home convention in Metropolis, Ill., its producers announced recently.

Kirk Alyn, who portrayed the super hero in movies from 1948 to 1950, will appear at the event held in conjunction with the 16th annual Superman Celebration June 9 through June 12.

For more information on the Superman Comes Home convention, call 277-2397.

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tence at work or on a creative project is rewarded with out-of-the-blue job offers and bonuses. Employers and critics are delighted with your achievements. Promotions or honors come in July and October. Singles continue to play the field until August, when a Gemini or Cancer wants you to settle down. Financial luck is yours in November. Travel now and in July. Your lucky numbers are 5, 16 and 19.

VIRGO (Aug. 23-Sept. 22). Artistic and business ventures are tremendous successes today. Family members contribute whatever they can. Your biggest fan may prove to be a romantic

possibility. You receive a check at the last minute.

LIBRA (Sept. 23-Oct. 23). Someone who cannot come through for you is at least honest. Luck involves a search for an expert or professional. Respond to a romantic overture from a love interest. Stretch a paycheck as far as it will go.

SCORPIO (Oct. 24-Nov. 21). Be on your best behavior in front of someone who is in a position to do you a big favor. You save money by buying in larger quantities. Release a family member from an obligation. A love interest is irresistible.

SAGITTARIUS (Nov. 22-Dec. 21). You are surrounded by former colleagues or schoolmates today. Reunions lead to new alliances and partnerships. A spouse or lover makes heavy demands on your time. Financial luck involves interest and insurance.

CAPRICORN (Dec. 22-Jan. 19). Exercise mind over matter today, and you can deal with anything or anyone. Get ready for a fair-ale romance. Inconsistent superiors are a bit confusing—just be flexible.

AQUARIUS (Jan. 20-Feb. 18). A close friend appeals to you for help. Fulfill job, school and fam-

ily obligations before indulging in social activities. Steady work ensures a steady income. A spouse or lover is jealous of your skills.

PISCES (Feb. 19-March 20). Family and friends prove the loyalty to you as never before. You and a colleague share a love interest. Acknowledge receipt of a payment or gift.

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The contract with SMS was recently renewed by the Granite City School District.

"We will be at the Granite City High School 20 hours a week," said Dan Stephens, certified athletic trainer with Sports Medicine.

"It is up to the athletic director to decide how our time is spent. We are on-site to provide coverage for practices and for games."

Stephens and Jim Jesse are the certified athletic trainers who work with athletes through the program.

The program incorporates a wide variety of medical and surgical services including injury evaluation, surgical intervention (if necessary) and functional rehabilitation.

The Sports Medicine program uses a team approach to athletic injury treatment and recovery. The Sports Medicine staff includes:

- Orthopedic surgeons specially trained to recognize and treat sports-related injuries.
- Internal medicine consultation for young athletes with underlying medical problems and soft-tissue injuries.
- Physical therapists licensed to treat injuries with state-of-the-art equipment and techniques.
- Certified athletic trainers available for on-site practice and event coverage, as well as injury prevention, conditioning and training programs.
- Nutritionists licensed to work with individual diets to accelerate recovery and overall wellness.

Sports Medicine Services also include a variety of outreach programs to help area athletes of all ages avoid sports-related health problems.

These programs include:

- Athletic trainer consultations.
- Athletic practice and event coverage.
- Sports physicals provided on-site.
- Injury-prevention seminars.
- Strength and conditioning programs geared for specific sports; and
- Sports-related education programs.

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

Wednesday, April 20
Barbecued beef, baked potato, three-bean salad, bun, pineapple tidbits.

Thursday, April 21
Fried chicken, whipped potatoes with gravy, brussels sprouts, wheat bread, lemon pudding.

Friday, April 22
Beef ravioli in tomato sauce, tossed salad, green beans, French bread, jello with fruit.

Monday, April 25
Barbecued ribs, cheesy potatoes, spinach, wheat bread, sugar cookies.

Tuesday, April 26
Hawaiian chicken, rice-pilaf, apple juice, cauliflower and carrots, wheat bread, vanilla pudding.

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4 Piece Oven Roasted Chicken Dinner 4 pieces of Oven Roasted chicken, mixed 2 country vegetables or salads 1 homemade buttermilk biscuit Not valid with any other offer or discount. Good for a limited time. LEE'S	Feed Four 4 pieces of chicken, mixed 1 pint mashed potatoes ½ pint gravy 1 homemade buttermilk biscuit No substitutions. Not valid with any other offer or discount. Good for a limited time. LEE'S	15 Piece Box 15 pieces of chicken, mixed Not valid with any other offer or discount. Good for a limited time. LEE'S	15 Piece Box 15 pieces of chicken, mixed Not valid with any other offer or discount. Good for a limited time. LEE'S



SOCCER

Brooke Bjorkman and Staci Dowdy top the list of Lady Warrior scoring leaders. Page 28

BASEBALL

The Warriors enter the area Journal poll at No. 7. Page 28



Art Voellinger

Umpiring keeps Seipp active

Notes gathered along the way.

A few weeks ago, this corner referred to Charlie Geiler of Belleville entering his 50th season as a high school umpire.

RECENTLY, THOUGH, I watched Dick Seipp of O'Fallon work the bases at a prep game and then learned that he is in his third year at an ump and continues to look to more grade school girls softball, men's fastpitch softball and American Legion baseball games.

Nearing his 70th birthday (June 14), Seipp, the retired owner/operator of JMI Sanitation, came back to high school baseball three years ago after being sidelined from that sport due to back problems.

Inducted into the Mon-Clair men's baseball league and Belleville City League fastpitch softball Hall of Fame in 1991, he began umpiring at the urging of his deceased father John Seipp.

The elder Seipp died in 1973 at the age of 74 — a year after having worked 100 slow-pitch softball games in the summer.

With the arrival of warmer weather in April, collegiate scouts are getting to more prep games, but among the first in line in late March was Neil Fiala, the first-year coach at Belleville Area College.

"I'M TRYING to get to as many games as I can when I do not have a commitment with my team," Fiala said.

Apparently his efforts paid off early with the signing of left-handed pitcher Dean Bruggemann of Freeburg.

The senior left-hander was 10-2 with a 1.74 earned-run average a year ago, when he struck out 74 in 6 1/2 innings. He won his first two games this spring.

His signing to a BAC scholarship should help Fiala in recruiting other players from the Southwestern Illinois area, which remains a hotbed of baseball talent. Fiala also is proud of recent improvements to the baseball facility at BAC.

Among the guests at the recent 50th wedding anniversary of Mickey and Dotty Pieper of Waterloo was former Valmeyer Lakes pitcher Rich Binder, the first-year principal at Central Junior High School in Belleville.

BINDER GLOWED at the question of sports at Central, where he said baseball as a fall sport has returned after being absent since some time in the 1970s. Central competes in the Belle-Fair Conference.

"Much of the credit has to go to our booster club," said Binder, who is equally proud of Central's intramural program that includes basketball and volleyball. He also pointed to spelling bee, chess and scholastic bowl competition in the Belle-Fair.

An unbeaten pitcher in Big Ten games when he was 6-0 at the University of Illinois in 1969, Binder had been an outstanding pitcher at Waterloo High.

EXTRA INNINGS: A tip of my hat to McKendree College baseball Coach Dennis Pieper, whose Bearcats have hovered at the .500 mark after a slow start during a spring trip in Florida.

"The warm weather helped us pull together in Florida," said Pieper.

Warriors-Rams at Busch: That's a winner

Late rally lifts Mount Vernon to first major-league victory

By Tony Panozzo
Staff writer

A tie would have been a fitting conclusion to the Warrior baseball team's Sunday afternoon exhibition with Mount Vernon at Busch Stadium. But a loss was nothing to wave at, either.

On a day Granite City and Mount Vernon got to take over the home of the St. Louis Cardinals, there were few complaints about the outcome. The surroundings dictated otherwise. Mount Vernon scored the go-ahead run in the bottom of the seventh inning to prevail 6-5 and even the Busch series with the Warriors at one game apiece.

For the second straight year, members from both teams got the chance to experience playing in the big leagues in the spacious atmosphere at Busch. Both schools brought their entire rosters, and every player from both teams got to play.

Both Granite City and Mount

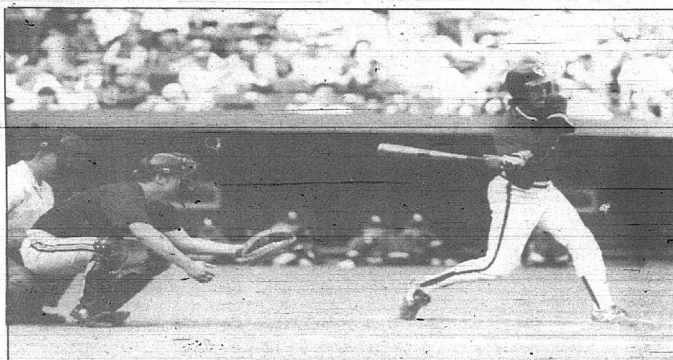
Vernon treated it as an exhibition game, with neither team taking the win or loss. When Warrior senior Mark Winfield took the mound to begin the bottom of the seventh, it appeared the two teams would finish in a 5-5 tie.

But with one out, Brett Hall reached base on an error, and Kevin Bowlen followed with a double into the left-field gap to drive in Hall for the winning run.

HAD THE WARRIORS prevented the Rams from scoring, the game would have ended in a tie — an outcome preferred by both Granite City coach Gus Lignoul and Mount Vernon's Gil Bernard.

"I was kind of pulling for a tie," said Bernard, whose team failed to score in last year's 5-0 loss to the Warriors at Busch. "That would have been the best

(See WARRIORS, Page 38)



Granite City's Jeff Ridenour takes a swing in Sunday's game at Busch Stadium.

(Photo by T.W. MILLER)

Warrior outfielder Zellerman gets into swing of things

By Tony Panozzo
Staff writer

Granite City outfielder Joe Zellerman got the go-ahead Saturday morning and made the most of it over the next two days by leading the Warriors with a near-perfect weekend at the plate.

Zellerman, a senior who had not played in Granite City's first nine games of the year, started Saturday's doubleheader against Jerseyville and responded with a single in his first at-bat of the season. It marked the first action in three years for Zellerman, who sat out his sophomore and junior seasons with injuries.

Zellerman's return home ended in the second game against



Jerseyville, but the best was yet to come Sunday at Busch Stadium. He got Granite City's first hit of the day and added a two-run triple in the fourth inning, going 2-for-2 in a perfect day at

Busch.

Over three games, Zellerman went 5-for-7 with three RBI. For his efforts, Zellerman has been named the East Side Publications Journal Athlete of the Week.

"I'M REALLY HAPPY for Joe," Granite City coach Gus Lignoul said. "He hadn't played much. But when he got the opportunity, he cashed in."

Zellerman took a huge step with his performance over the three games. The senior started in Sunday's game against Mount Vernon and figures to get the nod in the next few games.

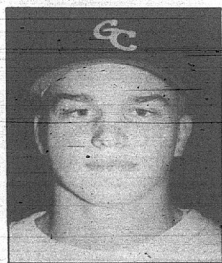
After singling in the second inning against Mount Vernon, Zellerman seemed unfazed when

he came up again in the fourth with runners at first and third. He delivered with a hard shot down the third-base line to drive in Corey Dickerson and Mark Winfield to cut Mount Vernon's lead to 3-2.

He then came home on a grounder by Donald Harris to tie the score. At that point, what he had accomplished finally hit him. With other players set to take the place of the seniors, his day was over — and he owned a 1.000 batting average at Busch Stadium.

"It was exciting crossing the plate," Zellerman said. "It was nice out there. It's exciting to play out there and get a big hit. It was great."

(See ZELLERMAN, Page 38)



Joe Zellerman

Trojans earn top-five finish at Red Bud meet

Collins, Trojanettes looking for improvement in stretch run

By Mike Kelly
Correspondent

It was a day of mixed emotions for the Madison-Venice Coop track teams.

The Trojans produced a fifth-place finish on Saturday at the 44-team Red Bud Invitational. They scored 41 points in what many consider to be one of the best small-school meets in the area.

Tavares Young led the way, finishing second in the 100-meter dash (11.9 seconds), second in the 200 (23.9) and third in the 400 (52.6). Edmund Butler also made a huge contribution by placing second in the triple jump (41-7) and sixth in the 400 (54.3).

ANDRE WEATHERS was fifth in the 100 (12.3) and Del-reese Meeks was sixth in the long jump (19-1 1/2). Madison's relay teams also turned in a productive day by finishing third in the 4x100 (46.3) and sixth in the 4x200 (1:46.2).

"Considering we only had nine guys, we did pretty well," Madison-Venice coach Charles Steptoe said. "Our times are gradually improving and we could be

in good shape for the (Madison) County meet (on April 28 at Collinsville). Our guys had an outstanding effort."

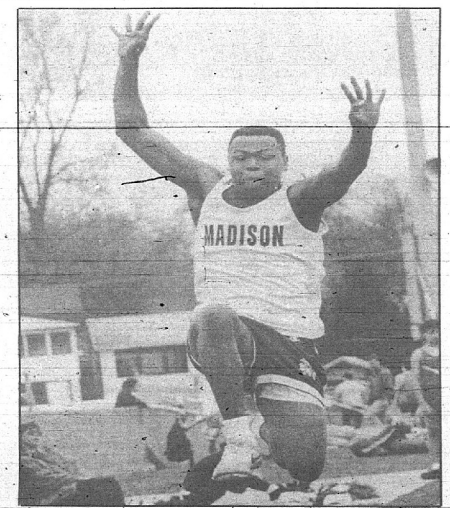
"I was really pleased with Edmund. He's slowly rounding himself into shape, and he's scoring some big points for us. He's becoming a major asset to our team."

Sparta won the boys meet with 123 points. Freeburg was second with 101 points, but senior Tony Carroll, considered the best hurdler in the area in Class A, won the 110-meter high hurdles (15.8) and the 300 intermediate hurdles (41.6). Carroll also anchored Freeburg's 4x100 (45.0) and 4x200 (1:34.9) relay teams to a pair of victories.

Chester finished a distant third with only 60 points.

"I WAS REAL impressed by Sparta and Freeburg," Steptoe said. "They had excellent cross country teams last fall. They have huge numbers. I wasn't surprised by Sparta's talent, but I was surprised by their numbers. Those schools really take a lot of pride in the sport."

Unfortunately, the Trojanettes (See MADISON, Page 48)



Madison High's Taquan Bell competes in the long jump.

(Photo by KEN AUBUCHON)

Lady Warriors blank Stars

By Tony Panozzo
Staff writer

The shutouts keep adding up for the Lady Warrior soccer team. But so are the injuries.

The Lady Warriors earned their fifth shutout of the season Monday with a 2-0 victory at McCluer North, but lost a player to an ankle injury for the third successive game. Junior striker Holly Farnsworth, who scored Granite City's first goal against the Stars early in the second half, twisted her ankle in the late going and had to come off the field.

LAST WEEK AGAINST Alton, freshman forward Jaime Dell, bringing injured her ankle, and junior midfielder Christy Costello suffered the most serious injury of the season April 9 when she nearly broke her ankle against Barrington.

While Granite City coach Gene Baker hopes Costello does not miss the remainder of the season, Dell-brings and Farnsworth appear to be day-to-day.

Farnsworth, after heading a shot off the crossbar, on a corner kick feed by Kami Kessel in the first half Monday, connected for her fourth goal of the year at the 45-minute mark in the second half. Farnsworth got open in front of the net and buried a shot to the left corner after taking a pass from Lyns Evans, who assisted on the goal.

"I thought Holly had a good game," Baker said. "Her goal was a good one to get on the board with."

The Lady Warriors struck again 10 minutes later, when Staci Dowdy found Kessel in front of the net with a centering pass from the right side. Kessel settled in midair and put the ball into the net.

The Lady Warriors had several other scoring opportunities, including a 25-yard rocket by Dowdy late in the game. Granite

(See KICKERS, Page 48)

Granite City Hall of Fame to honor Post 113 baseball

Tri-City Post 113 of the American Legion will be honored by the Granite City Sports Hall of Fame with a special recognition at Hall of Fame's eighth annual banquet May 13.

The award, the first of its kind, is for continuous sponsorship of American Legion baseball in Granite City since 1948. Post 113 teams have been winners on and off the field, earning the highly coveted National Red Legion rating for competitive athletic performance, quality sportsmanship, fair play and treatment of visitors.

Post 113 currently allocates approximately \$6,000 annually in sponsoring both the senior and junior Legion teams, and more than 50 Legion players have

received college scholarships to play baseball.

Joe Summers served as chairman of the Legion baseball committee in the early years and Harry Ellis has served the same capacity for the past 20 years.

"DURING THE EARLIER period we received financial assistance from Granite City Trust and Savings Bank and the Mitchell Athletic Club, which was sorely needed and greatly appreciated," Ellis said.

Members of the Post have been staunch supporters of the program and people like (commander) Jim Taylor and (treasurer) Helen Martin have gone out of their way to assist.

The Legion team is a member



of District 22's North Division. The Triplets play approximately 30 games a year in a seven-week stretch.

"Their record on the field is most impressive," said Lee Thompson, the Hall of Fame committee chairman. "Over the years, they've won about 67 percent of their games. More than the record on the field, our committee was impressed by the quality of the program and its



Champion Burnett service to the youth of the Granite City area.

Post 113 enjoyed a banner season in 1991. The program won the North Division title, the District title and the fifth division championship before placing second at the state tournament under manager Ralph Burnett. The Triplets finished 30-6.

Post 113 also had back-to-back second-place finishes at state in 1976-77 under manager Babe Channing.

CHAMPION and BURNETT pointed out their teams' success took a total commitment on the part of the players.

"Their summer belongs to Legion baseball," Burnett said. "Champion said: 'The program enables the youngsters to play area teams as well as some of the best Legion teams in the Midwest, such as Evansville, Ind.; Paducah, Ky.; and Blytheville, Ark. Stored in their memories is the time they faced San Diego Padre pitcher Andy Benes.'"

Burnett recalled when the Triplets played an undefeated

(See LEGION, Page 48)



Farnsworth



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Springtime starting signal for turkey hunts

For the next two weeks, Missourians will hunt the male wild turkey. Illinoisians have been fighting the monsoons and hunting the big bird for a few weeks already — and will continue for a couple of more weeks.

The spring weather has not been super cooperative. It's warm, spring-like, but it has been cold and wet, too.

In fact, it has been wet and cold enough that reports indicate the hens haven't been too inclined to mate and lay their eggs in their nests at a rate that should have them on their nests.

Many hunters don't bother to learn the biology of the birds they hunt, but it is very important, especially during this springtime season. Toms gobble partially to declare their territories and dominance to other toms and the world, partially to announce their presence and availability to the hens.

When the breeding urge strikes hens, they go to a dominant gobbling tom to mate. They will do this every morning for up to a couple of weeks, even though one mating fertilizes all of individual hen's eggs.

The hens also will build a carefully concealed nest, usually at the edge of a field, by a downed log in the woods, where ever her instincts tell her is safe from predators and floods.

Once she begins laying eggs, she will lay one a day, usually sometime after her visit with a tom, and then recover the hidden nest. When she lays her last egg, usually somewhere between eight and 14 eggs, she then will sit on the nest and incubate the eggs for about 28 days.

Not all hens go to gobblers at the same time. Not all hens start to incubate eggs at the same time. However, there is a peak of this activity. Prior to it, the toms gobble often, strut most of the day and move around looking for willing hens. Most are unwilling.

During the peak of the season, the toms gobble from their roosts, fly down to harems of waiting hens and are quiet much of the day. They will stay in established strutting zones, waiting for the hens to come to them.

The toms are extremely difficult to hunt at this time because they are waiting for the hens to come to them — and I've yet to meet a hunter that can look like a 15-pound bird dressed in brown feathers.

However, there are some tricks to help the hunter outwit these tough birds.

First, be in the woods in the evening just as the sun droops below the western horizon. That's when turkeys fly up to the roost. Try to hear the birds fly up. Blow a crow call to get a tom to robbie a challenge — and pin-point the location.

The next morning, ease as close to that location as possible in the dark. Try not to break any big branches or twigs, making only the small sounds a deer or other critter might make. Set the down and listen. Enjoy the 30 or 45 minutes when darkness turns to gray and the woods awaken.

In this situation, you often can be the first hen on the scene, coaxing the bird to fly down just after the 6 a.m. shooting time passes. Such toms often will fly right to your soft yelps, so be ready. Call softly and sparingly.

However, if the bird is still 100 yards from you and obviously has hens with him, hold your ground. Get aggressive. A strange hen voice in the neighborhood can mean a challenge to the boss hen. Hens, like toms, have their own pecking order. You'll often call the hens to you and the gobbling will follow.

If the tom flies down and moves off with real hens, go back to him at mid-morning. The hens usually will have left him by then, making him available and susceptible to your calls.

If mid-morning doesn't produce results by hen calling, try the technique developed by Harold Knight and David Hale, of Knight & Hale Gamecalls. Using two slightly different push-button calls to purr aggressively, with cuts and hard clucks interjected, start a "fight."

Toms like to protect their positions of dominance or to watch other toms try to assert dominance. They'll come to a fight.

Whatever technique or trick you try, always be fully camouflaged, sit as still as possible and watch. Be ready. Toms often come in silently when they are in this tough mode and you won't know a bird was there until you hear the "putt putt" warning as they leave. If you're careless about your movements, you'll lose them.

Hunt safely and successfully.

PBA greats teaming up for 'Miracle Bowl'

By Jeff Allsman
Correspondent

Two area bowling greats will down pins to raise money for children's hospitals.

Professional Bowling Association and American Bowling Congress Hall of Fame member Dick Weber and his son, Pete Weber, who recently became the all-time top PBA money winner, are teaming up with the Children's Miracle Network to play host to the "Dick and Pete Weber Miracle Bowl" May 7 at Weber St. Charles Lanes.

Bowlers of all ages and skill levels are welcome to participate in the event, which costs \$10 for adults and \$5 for children 12 and under. The entry fee covers three games of bowling, shoe rental, soft drinks, a goody bag and door prizes.

Bowlers sign up in teams of four and bowl in one of three squads at 9 a.m., noon and 3 p.m. Participants may win prizes such as cordless telephones, televisions, mountain bikes, sports bags and more. Prizes are awarded based on the amount of donations each individual collects prior to the event.

THE GRAND PRIZE is airfare and hotel accommodations for four people to Anaheim, Calif. The child with the highest amount in collected donations will receive a party for 10 friends at any of the St. Louis-area Discovery Zones.

The Children's Miracle Network is a national non-profit organization which raises funds exclusively for St. Louis Children's Hospital and Cardinal Glennon Children's Hospital. In (See BOWL, Page 48)

Journal Writers' Poll Baseball

Large Schools	
1. Pattonville (3).....	7-1
2. Parkway West (4).....	5-1
3. McCluer (2).....	9-2
4. Lafayette (1).....	5-1
5. Edwardsville (5).....	5-1
6. Francis Howell (6).....	6-1
7. Granite City (NR).....	10-1
8. O'Fallon (5).....	6-0
9. SLUH (8).....	3-1
10. Hazelwood C. (9).....	6-2

Small Schools	
1. Waterloo (2).....	8-0
2. Hancock (1).....	3-0
3. John Burroughs (5).....	2-1
4. Piasa (8).....	4-1
5. Principia (NR).....	4-1
6. Freeburg (4).....	4-1
7. (tie) Lutheran North (3).....	3-1
7. (tie) Valley Park (7).....	3-1
9. Windsor (10).....	3-1
10. Priory (6).....	3-1

(Last week's rankings in parentheses.)

Journal Writers' Poll Girls Soccer

Week of April 20	
1. Oakville (1).....	7-0
2. Incaturn Word (2).....	6-1
3. Cor Jesu (3).....	4-1
4. Granite City (4).....	7-1
5. (tie) Veritas Hall (5).....	5-1
5. (tie) Hazelwood C. (7).....	7-1
7. Rosary (6).....	5-1
8. Francis Howell North (9).....	NA
9. St. Dominic (8).....	5-2
10. Collinsville (NR).....	5-1

(Last week's rankings in parentheses.)

Also receiving votes: Eureka, Aquinas-Mercy.

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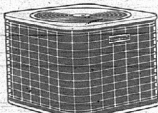
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Mitchell champs — The Slam, a sixth-grade boys basketball team, finished the season in first place in the Mitchell Athletic Club. Members of the team include, pictured front row from left, Todd Brady, Jarod McMillan, Milton Dowell, Jeff Schlecht; second row, coach Justin McMillan, Gabe Durrell, Josh Seib, Matt Pistorius, Jeff Jerden, Justin Cann, coach Jeffrey McMillan.

Mitchell Khoury seeking players

The Mitchell Athletic Club is seeking baseball players for its summer Khoury League this year. The league needs players born in 1982 or older, and the age limit is 18.

Mitchell leagues seeking umpires

The Mitchell Athletic Club needs umpires for its summer leagues this year. Anyone interested should call Larry Monroe at 797-1532 or Jim Greer at 797-1208.

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93 Pontiac Gr. Prix SE	\$14,995	\$13,995
93 Olds Supreme S	\$14,495	\$13,495
93 Chevy Beretta	\$11,995	\$10,995
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93 Chevy Lumina Euro (3 available)	\$13,995	\$12,995
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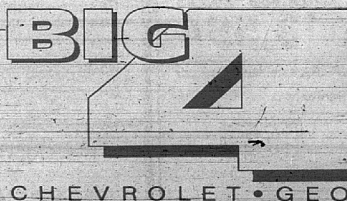
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•Zellerman

(Continued from Page 18)
 "You could see how excited he was when he scored," said Jim Greenwood, Granite City's assistant coach. "I'm really proud of him. He had two real good at-bats."

Zellerman played left field and caught the only fly ball hit to him. But he was the only Granite City player to collect two hits on the afternoon.

"I appreciated getting the chance," Zellerman said. "I had a good day (Saturday). After that, I was hoping to come back and do better. I hope today proved I can play."

Zellerman took an aggressive approach at the plate Saturday and it paid off, Lignoul said.

"When he was up there, he was swinging," Lignoul said. "He's worked real hard and he's a great athlete."

Zellerman was the odd man out in a crowded outfield at the start of the season. Seniors Jason Wood, Jason Talley and Jeff Ridenour began the year as the team's starters and have won the majority of the time through the early going. But the Warriors have struggled.

(Photo by T.W. MILLER)

The Warriors came up with two runs in the top of the seventh, but Mount Vernon went one better in the bottom of the inning.

•Warriors

(Continued from Page 18)
 way to end it. But this was a lot of fun.

"This game is for the kids. A win is like icing on the cake," Lignoul said. "We're not disappointed," Lignoul said. "The win is not the reason we come to play here. We came here expecting the players to have fun. Everybody pulled for everybody. We raised a little money for our program and had fun, and that's what it's all about."

The Warriors played as the visiting team and occupied the third-base dugout on the same day the San Diego Padres lost 5-0 to the St. Louis Cardinals. Less than an hour after Rene Arocha completed his five-hit shutout, Granite City starter Corey Dickerson took the hill against Mount Vernon.

While Dickerson ran into trouble early on, walking the first batter and falling behind 5-0, the Warriors would bounce back and tie the game in the fourth. The Rams answered with two runs in the bottom of the inning, and the Warriors again knotted the score in the top of the seventh.

Lignoul penciled in an all-senior starting lineup for Granite City, but after a pair of at-bats most of the seniors were through for the day. The rest of the game belonged to the underclassmen. Lignoul and assistant coaches Darren DeFew, Jim Greenwood and Don Harris made sure of it.

Greenwald, who played professionally in the minor leagues but never at Buech, said Sunday's game was a once-in-a-lifetime experience for the players.

"I think it's an absolutely tremendous opportunity for kids to be in a major-league environment," Greenwood said. "Nothing comes close to being in a situation like this. I was tickled to be coaching third. All in all, it was a great afternoon."

It took one trip through the lineup for the Warriors to get on

track. Mount Vernon limited Granite City to one hit — by outfielder Joe Zellerman — through the first three innings. But Winfield got the Warriors going with a leadoff walk in the fourth.

After a flyout by Andy Roe, Dickerson singled Winfield to third. Zellerman followed with his second hit of the day, a line-drive triple, to score both runners and make it 2-2.

Donald Harris then drove in Zellerman with a grounder to the right side to tie the game.

"It was a lot of fun after we got over being nervous and just kind of relaxed," Harris said.

Mount Vernon, however, struck back with two runs in the

bottom of the inning off Granite City reliever Matt Krause. The Rams had a 5-3 lead until the seventh, when the Warriors rallied to tie the score.

Brad Ervay walked to begin the inning and scored on a triple by Jason Wood to cut the lead to one. Wood's hit took one bounce and earned off the right-field wall.

After Greg Sturdivant drew a walk, Joe Laboray drove in Wood with a sacrifice fly. The Rams escaped the inning without further damage.

That set the stage for the decisive rally in the bottom of the seventh. But even that could not ruin the day for Granite City.

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gled offensively at times, and Lignoul was looking for a little spark.
 "He sat for nine games," Lignoul said. "We told him what the situation was at the beginning of the season, and he had a great attitude about it."
 "Left field has been a place we've been a little disappointed with offensively. He's worked hard, and he's earned the opportunity."
 Zellerman hopes he can make it last. He would also like to see the Warriors continue their hot start. Granite City swept Jerseyville 6-3, 10-9 Saturday and won for the eighth straight time.
 "I'm very excited about our ballclub," Zellerman said. "I think we have a good team. We're a spunky team. All we need is one person to get it started."

Lady Warrior soccer

	G	A	P
Rochelle Bjorkman	6	3	13
Sarah Dowdy	7	0	14
Holly Farnsworth	4	4	12
Karen Kessel	2	5	7
Denise McMillan	1	2	3
Kelly Thomas	2	2	4
Jennifer Salasand	2	2	4
Denise Doherty	2	2	4
Lynsey Evans	1	0	1
Kelly Williamson	1	1	2
Penny Kufner	1	1	2
Amy Kennedy	1	1	2
Misty Regan	1	1	2
Kara Kessel	1	1	2
Bill Hadden	1	0	1
Tonya Greenhouse	0	1	1
Rosie Simpson	0	1	1
Amanda Nimble	0	1	1
Goalies			
Mikla Economy	4	shots	6 goals allowed
Alison DeBello	0	shots	0 goals allowed

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Under 12	Boys & Girls	June 17, 6:30 PM	@ the Soccer Park
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Legion

(Continued from Page 1B)

Evansville team led by pitcher Jonathan Wiggins, who went on to the University of Arizona and is currently playing professionally on the Class AAA level.

"He hadn't allowed a run all year when they came to town," Burnett said. "We got three off him in the first inning, and on a homer by Joe Wallace and went on to win 6-3. The sports editor of the Evansville paper called me that night to get the score for the morning edition."

TOLD HIM the score was 6-3. "How did you ever get three runs off him," he asked. I told him we won, we got six, I doubt if he believes it to this day."

Champion, whose son Kirk also had a managerial stint with Post 113, feels the Post 113 program helps develop and showcase the players.

"That's playing baseball as it was meant to be played, almost daily and in good hot weather," Champion said. "It's a valuable adjunct to the high school program and when you add the park district's program, there are excellent opportunities for our kids to play baseball and develop their skills."

Gus Lignoul Sr., a member of the Hall of Fame committee, will present the award. Lignoul managed the Legion team in 1952. His son, Gus, managed the Triplets last year and is currently the head baseball coach at GCJHS.

Tickets for the banquet may be obtained by calling 432-7122.

Madison

(Continued from Page 1B)

didn't fare as well as Red Bud. Madison finished 11th in the girls meet and scored only 16 points. Shala Wiley was Madison's top finisher with a second-place medal in the 100 (13.5). The 800 medley relay team finished third (2:06.5), but the 4x100 (55.0) and the 4x200 (2:00.0) relay teams both finished sixth.

"The girls must start pushing themselves a little bit," Trojnettes coach Al Collins said. "We're nearly at the halfway point of the season. I'm confident this group can do very well in the sectional. We know what the talent is like in southern Illinois, and we've done pretty well against it this season."

"But we need a little more dedication. Getting Latasha Montgomery back (out with a sore back for 3½ weeks) is a huge plus. She's a versatile athlete that will help us in the 300-meter run, the 400 relay and the 400 meter run."

Highland won the meet in easy fashion with 153 points. Rosana was well behind in second place with 82 points. The Lady Bulldogs captured eight of the scheduled 18 events.

"Highland has a superb team," Collins said. "They have the same spirit as East St. Louis and (East St. Louis) Lincoln in track. Their kids are devoted. It wasn't a fluke they dominated the meet. They have outstanding talent, and just blew everyone away."

NOTES: Madison-Venice will host a makeup meet today against St. Louis Gateway Christian. The boys and girls meet will begin at 3:30 p.m.

Baker advances to U.S. Diving national meet

University of Kentucky diver Jenny Baker, who received honorable mention All-America honors last month at the NCAA Division I nationals, is continuing her season this week at the U.S. Diving national meet.

Baker, a sophomore at Kentucky, advanced to the Phillips 66 National Diving Championships, which began Tuesday in Minneapolis and run through Saturday. Baker qualified in a zone meet at Lexington, Ky., earlier this month in both the 3-meter and 10-meter competitions. She won the 10-meter event and placed second in the 3-meter competition.

Baker has enjoyed a remarkable second year at Kentucky. At the Division I national meet,



Jenny Baker

she placed 13th in the 1-meter competition, 16th in the 10-meter and finished in the top 16.

Baker, a 1992 graduate of GCJHS, was the first diver in Kentucky history to qualify for the national meet.

Kickers

(Continued from Page 1B)

City turned away two corner-kick opportunities for McCluer North in the final seconds to complete the shutout.

Goalkeeper Mikka Economy made a handful of saves and was never seriously tested as the Lady Warriors dominated play most of the way. Granite City outshot McCluer North 14-4 and had a 6-3 edge in corner kicks.

THE STARS HAD trouble containing Dowdy, Farnsworth and forward Brooke Bjorkman. Penny Kreher came off the bench and also sparked Granite City offensively.

"Staci Dowdy played a good team game," Baker said. "She gave us a real high work rate. Penny Kreher did a nice job for us."

Defensively, the Lady Warriors were led by Kessel, Kara Gauen and Denise McMillan. Kessel, who has been taking

Granite City 2, McCluer North 0
GRANITE CITY 0 2 0
McCluer North 0 0 0
GC — Farnsworth (Evans) 45:00
GC — Dowdy (unassisted) 55:00
SHOTS: Granite City 14, McCluer North 3
CORNER KICKS: Granite City 6, McCluer North 3

Granite City's corner kicks this year, moved up from her sweep position late in the first half and gave the team an offensive lift.

"Karni's been a complete player for us," Baker said.

The Lady Warriors are not scheduled to play again until next Monday in the St. Dominic Tournament. They have won four straight games since suffering their only loss of the season April 5 at Collinsville.

"We played well today, being on the road," Baker said. "We're trying to play a little better on the road."

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State Legion Auxiliary holds 66th Patriotic Conference

The American Legion Auxiliary, Department of Illinois, held its 66th Patriotic Conference on March 18 at the Marriott Hotel in Schaumburg.

Guest speakers on Americanism and National Security were featured. Ruby Simpson, Americanism chairman, introduced John H. Geiger, past national commander of the American Legion from Des Plaines, Ill., who spoke on "Americanism, Why Us?" His remarks were about the flag and having respect for it, because the flag stands guard over the liberties and constitutional rights.

He stated that 39 states have already passed a law to protect the flag. He said everyone must continue to instill in the youth of the country respect for the flag and the country.

Richard Kutz, from McHenry, presented a prisoner of war and missing in action remembrance prayer and explained the meaning of a table set with five chairs, five plates and five cups. Each of these represented a place at the table for a member of the Army, Navy, Marines, Air Force and Coast Guard who are still held captive or missing during one of our wars or conflicts.

Marion Schwerman, national security chairman, introduced Dorothy McDaniel of North Carolina. She is the wife of Red McDaniel, retired from the Navy and Air Force, who was shot down over Hanoi,

Vietnam, in 1967, and remained in a POW Camp until 1973.

McDaniel is one of the founders of the National League of Families of American POW/MIAs. She spoke on My Battle Against the Enemy, her experiences during the time of her husband's captivity and since his return. She stated every person is worth fighting for.

The worth and value of an individual is an old idea, but still a good one," she said. "Hopefully truth will prevail, and people will have found all of the MIAs and have all POWs returned."

William L. Hodson, past commander of the Springfield Post 32, presented a short history of the American Legion founding 75 years ago in Paris, France, and finalized in St. Louis. His titled speech was "Our Heritage."

Following the luncheon, the chorales from Schaumburg High School entertained the assembly.

The following people were introduced and made remarks:

Arthur E. Rawers, Department of Illinois commander, the American Legion; Virginia Kates, le chapeau national, Eight and Forty; and Mary Silvers, le chapeau departmental, Eight and Forty. Silvers presented a check for \$125 for the department of children and youth programs.

Special guest for this meeting was Helen Holcomb, national president of the American

Legion Auxiliary from Odessa, Texas. Holcomb spoke of her recent trips to visit departments in Mexico, Korea and the Philippines. Her special project is Teen Court, which is a community service project, and to work with teenage law offenders, making them accountable to the justice system and to their peers.

She said more scholarships will be given nationally. She is very proud of the fact that the auxiliary donated \$3 million and more than one million hours of service for children and youth last year. "Hopefully it will be the same if not more this year," she said. She asked all members to "ensure our future by investing in our youth today."

The presiding officer for the 66th annual Patriotic Conference was JoAnn Shafer, department president of Illinois, American Legion Auxiliary, from Cicero, Ill. She later in the evening and Saturday conducted the spring board meeting of the executive board of the auxiliary.

Those attending from this area were: Dorothy Hinson, past department president; Jane Modruski, 22nd District secretary; Norma Hillner, 22nd District secretary; Cindy Yobby, 22nd District historian; and Kate Buechele, 22nd District chaplain and president of Unit 307. All are members of Venice-Madison Unit 307. Harold Buechele, Post 307 member, also attended.

Ridlen earns outstanding student award

Janet Ridlen of Granite City received the Outstanding Student in Justice Systems Award at the 1994 Academic Honor Awards assembly April 5 at Northeast Missouri State University at Kirksville.

Outstanding students traditionally are recognized at the

annual assembly.

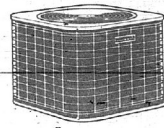
Ridlen is a senior majoring in justice systems and psychology. She is the daughter of Donald and Norma Ridlen. Northeast Missouri State University is the statewide public liberal arts and sciences university for Missouri.

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Program: "Project Trim" is an eight-week weight loss program developed by the St. Louis Dietetic Association. This program is based on behavior modification with a specific plan and goal for each participant. An exercise program is also available.

Date and Time: Class begins Thursday, May 5, 1994, 6:30 to 8 p.m.

Cost: \$50.00 class only \$80.00 with exercise component

The exercise program includes a FULL 2 MONTH MEMBERSHIP TO THE BELLEVILLE HEALTH AND SPORTS CENTER. Special introductory classes will be held.

Place: "Project Trim" is held in Memorial Hospital's auditorium. The exercise program is held at Belleville Health and Sports Center, 1001 S. 74th Street, Belleville.

Information: Class size is limited. To register, call Memorial's Community Relations Department at 233-7750. Extension 5649.

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Scholarship applications available

Applications for the 1995-96 Rotary Foundation Ambassadorial Scholarships to be awarded worldwide are now available from the Granite City Rotary Club.

The scholarships, which are designed to further international understanding and goodwill, provide for study abroad in one of the 184 countries and geographical regions where Rotary clubs are located.

Some 1,000 scholarships of various types will be available. The value of the scholarship varies.

Academic-year Ambassadorial Scholarships are for one academic year abroad and provide round-trip transportation and up to \$20,000 or its equivalent for tuition and fees, room, board, necessary educational supplies and limited educational travel and contingency expenses.

During their studies abroad, Rotary Foundation Ambassadorial Scholars act as "ambassadors of goodwill." Through appearances before Rotary clubs and districts, schools, civic organizations and other forums, the scholars represent their home-

lands through international "Services Above Self."

Interested persons should contact the Rotary Club for application materials and local deadline information. No clubs may

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Members of the Queen of Hearts court are, from left, front row, Barb Valencia, Heidi Bailey, Donald Smith, Hank Votoupal, Michelle Wilkins Gains, Mary Votoupal, Jan Novosel and Oudie Waller; back row, Dickie Mizell, Tim Wimberly, David Trawick, Debbie Waller, Rick Waller, Vicki Trawick, John Novosel and Jeremy Waller.

Women of Moose hold Queen of Hearts Ball

The Granite City Chapter of the Women of the Moose held its 37th annual Queen of Hearts Ball recently.

The backbone of the chapter, the college of regents, was introduced. The members are Clara Johnson, Georgina Teller, Edna Miller, Millie Votoupal and Marian Lipscomb. Pat Macke will receive her cap and gown in June. Past queens present for the evening were introduced.

Following are the past queens, along with their years:

Mildred Walker, 1974; Geraldine Speece, 1977; Dorothy Reyes, 1982; Sharon Matt, 1983; Mary Rahel, 1985; Shirley Heath, 1987; Ruth Beck, 1989; Rose Bryson, 1990; Karen Burnia, 1991; and Vicki Trawick, 1992. The retiring queen, Oudie Waller, was introduced and escorted by Jeremy Waller.

The governor, Dick Mizell, of Granite City Moose Lodge 272, escorted senior regent Vicki Trawick of Granite City Chapter 247. Jardina Miller and Ellen Pabst, officers of the chapter, were introduced. Runner-up for the Queen of Hearts was Barbara Valencia. Her escort was Tim Wimberly.

The crown bearer was Mary Votoupal and the trophy bearer was Donald Smith. The second

maid for the Queen of Hearts, Jan Novosel, was introduced. She was escorted by her husband, John. The first maid, Heidi Bailey, educational advancement chairman, was introduced. She was escorted by David Trawick.

The pages for the evening were Michelle Wilkins Gains and Hank Votoupal. The Queen of Hearts, Debbie Waller, was

then introduced for 1994. She is the musician for the chapter. Her escort was her husband, Rick. The retiring queen placed the crown on the new Queen of Hearts for 1994. The governor presented the trophy on behalf of the lodge to the new queen. The senior regent presented gifts to all the court.

Approximately 210 people attended. The master of ceremonies was Millie Votoupal.

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Grade school to hold reunion

Stallings Grade School is having a reunion of all the classes from 1930 to 1951 July 16 at the Granite City Township Hall.

The following people have not been located:

Howard B. Jones, Ruth Ellen Reisinger and Edward K. Mueller, all class of 1936; Margaret Kubrick, 1939; Howard O'Haver and William Wright Jr., 1940; Shirley Meger Murphy and Robert Chunn, 1941; William N. Logue and Dorothy Meger Groscheider, 1942; Frederick Oldewert, 1943; Walter Jekik and Harold Bree, 1945; Doyle Adamson, Wilma Katell, Fred Landreth and John Williams, 1947; Roy Gann, 1948; Ellen Jane Birnert, 1949; Harry Johnson and Garnet Phelps, 1950; and Louise Merritt, 1951.

If anyone knows the whereabouts of these missing classmates, please contact Johanna Zotti Bukovac, 931-6271, or Elmer Dehn, 931-5399.

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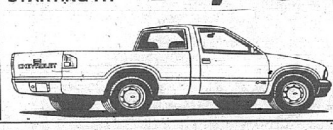
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Birds of prey visit Holy Family School

Recently, the students of Holy Family School were treated to the information about "Birds of Prey," Illinois Plover and the World Bird Sanctuary sponsored "The Environmental Air Force" program.

The organization's purpose is threefold, to help the endangered species - birds of prey - to take care of hurt birds and to educate. Two representatives came to the school with seven different species of birds and conducted an hour-long program in which the students were able to view the birds, experience them in flight and learn various facts about them. Excitement mounted as the birds flew several inches above the students' heads.

Birds that the students were able to see were a red-tailed hawk, native to Illinois; Harris Hawk, native to the Southwest United States; vulture; falcon; owl; screech owl and the barn owl, the most endangered species in the Midwest.

Legion Aux. Unit 307 meets

Venice-Madison Unit 307, American Legion Auxiliary, met on April 4 at the Post 307 Home in Venice.

Hostesses for lunch were Nadine Marcus and Bette Nugent, who served 18 members. Kate Buechele, president, conducted the business meeting. Donation was made to the Leonard Wood Memorial Fund for leprosy research.

Joyce Pittenger, auxiliary emergency fund chairman, collected \$9.27 for this fund.

Nugent, community service chairman, announced the nursing home bingos for Colonial Haven and Colonades Nursing Home.

Dorothy Hinson, junior adviser, announced the Unit 307 juniors were to host the 22nd District junior meeting on Saturday, April 9. Easter cards containing plastic canvas cross bookmarks were given to the unit officers.

Norma Hillmer, membership chairman, reported needing only four members to be at goal for the department assignment.

Mary Ballentine, veterans administration co-chairman, sent her report on cards of get-well and sympathy sent to post and unit members last month.

Dorothy Hinson, veterans administration co-chairman, announced the unit is to entertain at the John Cochran Veterans Administration Center on Thursday, April 28. Plans were made by the members for this.

The May 2 meeting will be a pot luck dinner at 7 p.m. The unit will furnish the meat and members are to bring a covered dish. This is also election of officers night.

A special money-making project was discussed to get money for a Marine veterans administration trip in September and a (See AUXILIARY, Page 9B)



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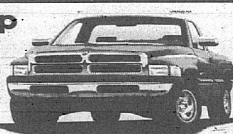
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Saturday, May 7, 1994 • 8 a.m.

Time:

The walk will begin at 8:00 a.m. All walkers will start together at 8:00 a.m.

Course:

The 2.5 mile walk will begin at Memorial Hospital (south end) and finish at Bellevue Health and Sports Center, 1001 South 74th Street. The course winds primarily through residential areas of West Bellevue.

Entry Fee:

Prior to May 5, 1994, entry fee is \$7.00 for individuals and \$22.00 for families. Late registration and walk-day registration is \$10.00 for individuals and \$25.00 for families. Walk-day registration will begin at 7:00 a.m.

Packet Pick-Up:

Begins at 7:00 a.m. and continues until 7:45 a.m. Main lobby (north entrance) of Memorial Hospital.

Walk Notes:

1. A t-shirt will be given to all participants.
2. Shuttle service will be provided from Bellevue Health and Sports Center back to Memorial Hospital. Last shuttle run will leave from the Sports Center at 11:30 a.m.

Open House:

An open house will be conducted at Bellevue Health and Sports Center from 9 a.m. to 11 a.m. A variety of demonstrations will be held including:

Aerobics Lifecycles
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For more information or to request a Registration Form, call Memorial's Community Relations office at 233-7750, extension 5649.

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Holy Family School announces second quarter honor roll

Sister Mary Angelene, principal of Holy Family Catholic School, has announced the following honor roll for the second quarter of the 1993-94 school year.

To qualify for the A honor roll, students in grades four through eight must have a grade-point average of 3.5 or above. B honor roll students in grades four through eight must have a grade-point average of 3.0 or above. Students must also receive an outstanding or very good in both conduct and effort for all subjects.

A honor roll members are Lynda Deloney, Melecia Dickerman,

Rosanna Gordon, Sarah Johnson, Mike Arziga, Bobby Bosslet, Amanda Brasfield, Kathleen Curtin, Kelly Fortune, Casey Grieve, Sara Halbrook, Amy Pennell, Dawn Turner, Laura Weissenborn, Latasha Booker, Erin Boyer, Sarah Carmody, Richie Carney, Lisa Hayes, Michael Hopkins, Jeff Jordan, Aishah Johnson, April Jordan, Angela Kromal, Kate Marzuli, Megan Mohell, Tony Moll, Della Moore, Elizabeth Mushill, Michael Reagan, Katie Ronk, Ashley Slover, Nathan Smith, Sarah Turek, Jessica Wallace, Stephen Bledsoe, Jessica Boyer, Daniele Brame, Lindsay Bulva, Ashley Burdge,

Scott Carney, Erica Cavins, Zachary Cochran, Andrew Craft, Jamie Gavilsky, Ben Hayes, Scott Jansen, Emily Kelahan, Stacie Marler, Patrick Meredith, Penny Meyer, Sara Myers, Jessica Oates, Elizabeth Pryzgod, Josh Reyes, Ashley Austin, Eric Bargar, Elliott Bosslet, Erin Brown, Katie Carpenter,

Megan Coghlan, Jada Foster, Thomas Harrington, Frances Long, Kristen Lux, Katie McFain, Annessa Martinez, Kelly Mushill, Paul Rottler, Jackie Schooley, Rachael Turek, Erin Tyler, Ted Wallace, Chrissy Webb, Tara Webb, Brian Werner and Joshua Zellerman.

B honor roll members are Richard Koerper, Simonay Sands, Melissa Brown, Geoff Edwards, Craig Mooshagian, Andy Ronk, Camille Fendlerman, Jessica Fendler, Chris Hayron, Aaron Holt, Renee Kramer, Elizabeth Rooney, Darius Taylor, Andrea Vasquez, Katie Vivod, Sarah Angerillo, Leslie Bove, Kristin Colson;

Kim Deloney, John Lusidic, Jennifer Benz, Stephanie Branch, Matt Brockner, Elizabeth Dooch, Joe Kramer, Joey Lehne, Laura Oram, Carrie Pedigo and Kristen Thebeau.

Matsko competes in pageant

Elizabeth Hope Matsko, 3, competed in the Sunburst Pageants Little Miss Collinsville Beauty Pageant at the Gateway Civic Center on March 4. This was her first state preliminary pageant.

She was crowned Baby Miss Collinsville for beauty and received trophies for prettiest hair and best dressed in the two-to-three-year-old division.

In the same weekend, Elizabeth participated in the Cinderella Scholarship Pageant held in Lake St. Louis on March 6. She won the title of Cinderella Baby in the 24 to 35 month division for overall beauty.

Elizabeth is the daughter of Marilyn and Robert Matsko, and the baby sister of Robert Michael Matsko. Her grandparents are Betty and George Matsko of Overland, Mo., and Marian Wilson and Opal Price, both of Caseyville.



Elizabeth Matsko

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MONDAY SENIORS LEAGUE: 7:00 P.M. ON 15-14 LADIES NIGHT: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14	THURSDAY LADIES NIGHT: 7:00 P.M. ON 15-14 SENIORS LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14
TUESDAY LADIES NIGHT: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14	FRIDAY FRIDAY AFTERNOON SENIORS: 1:00 P.M. ON 15-14
WEDNESDAY CO-ED LEAGUE: 7:00 P.M. ON 15-14 SENIORS LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14	SUNDAY MIXED LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14 MIXED LEAGUE: 7:00 P.M. ON 15-14

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Upcoming Health & Wellness Programs

• **May 17, Tuesday, 2 - 3:30 p.m., Health & Aging Issues Dialogue:** "House Calls from St. Elizabeth's Home Health Services" (panel of healthcare professionals). Sponsored by the hospital's Sr. VIP Program.

• **May 19, Thursday, DIAB (Diabetic Information & Basics) 6 - 9 p.m.** Special free program for diabetics, their families and other adults who have a special interest in diabetes. Topics: Best Choices in the Marketplace. Oral Hypoglycemics - Back to Basics, Thrifty Meal Planning for Diabetics. Presented by registered dietitians and a pharmacist. Limited seating - pre-registration required. Vendor Exhibits: Eli Lilly & Co., Lifescan, Miles Diagnostics, and Ross Laboratories.

• **May 21, Saturday, 8 - 11:30 a.m., Babysitting Workshop for Girls and Boys (age 12-17).** Presented by healthcare professionals and representatives from local fire department and county sheriff's office.

To register call 234-2120, ext. 1575



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Tips on how to enjoy
Beautiful Roses
 from the experts at
FRANK'S
NURSERY & CRAFTS

Where Beautiful Things Begin

The ever-popular rose. It didn't become the "Queen of Flowers" by accident. Nearly everybody likes 'em, gardeners and non-gardeners alike. People love to receive roses as well as give them as gifts. A red rose says "I love you" like nothing else can. A white one means "I am worthy of you." And the granddaddy of all college football events bears its name.

Roses, in some form, have been on this continent for somewhere around 32 million years, and undoubtedly much

alteration has occurred during that period. There are several different types available. Some of them are named after famous people such as Queen Elizabeth, John F. Kennedy and Mister Lincoln.

Roses are divided into classes: Hybrid Tea, Floribunda, and Grandiflora. We'll explain them.

Hybrid Tea roses usually reach a height of four to five feet, with one flower per stem. Floribunda varieties reach three feet with blooms in clusters. Grandiflora varieties can reach six feet in height, with five to seven blooms per stem.

This is an excellent time to plant packaged roses, for several reasons. The roots become established before the plants leaf out in late spring. Roses grown in plastic or peat containers can be planted from spring through fall, but fall-planted roses are apt to suffer winter damage. And finally, with Frank's great sale of roses going on now, the prices are fantastic!

Roses should be placed in an area that gets at least six

hours of sunlight per day. The soil must be well-drained and should be fertile. If yours isn't, it's easy to fix. Mix in some organic material such as compost, peat moss or cow manure with the soil. These will improve drainage and at the same time keep water and nutrients near the roots.

When you dig the hole for planting, add one shovel full of organic material to two shovels of excavated soil. Mix in Frank's Plant Starter to stimulate strong, healthy roots. When the first bloom appears, fertilize once a month with Frank's Rose Food.

Once the roses are in the ground, they must receive adequate care. They need to be kept evenly moist, so they should be watered once the top inch of the soil feels dry. Use a soaker hose or water early enough in the day so the leaves dry out before the sun sets. Water droplets left on leaves provide a good environment for disease.

Cut down on watering and weeding by adding mulch. A two to three-inch layer of pine bark, wood chips or peat moss helps keep the soil moist, and it will hamper the growth of weeds as well.

Pests can wreak havoc on roses. A variety of pest control products is available at Frank's to help you deal with them. Whatever product you use, make sure to follow the label's directions exactly.

So be sure to visit Frank's before this rose sale is over. The selection's great and so are the prices!

Shop any of these ten convenient Frank's locations

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Kirkwood - 1135 S. Kirkwood
(314) 834-8995

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Visit Frank's This Weekend
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Today's Food

Wednesday, April 20, 1994

Food & Nutrition

Wise Ways

Cynthia Fauser hunts and bags mushrooms — plain and fancy — from the spring woods and the supermarket.

INSIDE

Living Lean for Adults

The fat in rich and moist brownies drops to a palatable level with a natural replacement — prunes.

INSIDE

Blue Ribbon Cook

Chicken bakes to perfection on a bed of rice that will win over the easy-fix crowd.

INSIDE

Private Label Test Run

Flavored coffees — with and without caffeine — extend the pleasure of coffee-drinking around the clock. Check out the Journal's tasting of two varieties of World Classics flavors from Schnuck Markets.

INSIDE

Micro Raves

Build on the classics with Judy Eddy who celebrates William Shakespeare's birthday with English trifle.

INSIDE

Lively Taste

For a piquant salad dressing, combine equal amounts of Dijon mustard and fresh lemon juice, then add vegetable broth to tone down the strength of the sharp, enticing flavor.

Health & Fitness

Fresh Picks

When a recipe calls for grated fresh lemon peel, use only the thin yellow layer called the 'zest' with its fragrant oils, leaving behind the white pithy layer underneath. Even in one grocery store display, lemon varieties can be mixed, so it may be hard to guarantee a peel amenable to grating. Look them over to find more pebbly skin. Over time a grater loses its sharpness. One alternative is a zester, a knife-like utensil, that peels away only the zest.

Medicine Chest

Drugs are more than what a doctor prescribes. Your doctor and pharmacist should have a complete medical perspective. Include vitamins, creams, ointments and occasional pain medicine in any rundown of medications.

Big Fat Tip

One way to cut fat is to hold the mayo — at least full-fat mayonnaise. Look to other spreads, like low-fat or nonfat yogurt, sour cream or mayonnaise mixed with horseradish, mustard or fresh herbs. Gold old yellow mustard and ketchup do not have fat, although blends may include some, so be sure to check the label.

Future Shop

Women drink about 20 percent of the beer in the United States, which accounts for brewers' interest in targeting women in commercials. Look for flavored beers, aimed at appealing to women, to test the waters in the market.

Kids' Cuisine

Fitness + Food = HEALTH

By Janice Denham
Staff writer

At New Athens High School, the teaching world of home economics has changed a lot. Peggy Tinney, who teaches two single-semester classes of "foods and nutrition," says having boys in the classes is one of those changes. Another is the emphasis on the area of consumer education, which in Illinois is a requirement for graduation. The third is use of a computer.

"This class is open to sophomores, juniors and seniors. We use a computer program where they enter the foods they eat in any typical day in their life. They see on a teenage level just how much fat and other things they are eating. They are just aware, especially with the computer program, of what they are eating," she said.

In the school of 200 students, Tinney has the computer in her classroom, so each of her areas of interest can use it at least once a semester.

"Using it in the nutrition class has been so successful that we extended that program into the 'orientation' class," she said. Orientation to home economics is the basic course which introduces multiple facets of family and consumer science to students.

Tinney and her 17 foods and nutrition students sent a recipe for Blueberry Coffeecake to the Eating Right Recipe Contest, sponsored by Suburban Journals and the St. Louis Chapter of the American Heart Association.

"We cover little areas of nutrition, then we prepare foods that show this. I just keep a file, and we choose recipes to make," she said.

The class, boasting a high percentage of boys this semester, baked sweets with lower fat — banana bread without high-fat pecans, sugar cookies, hermit cookies and the blueberry cake from a recipe promoted by an oil manufacturer.

"They chose this as their favorite. Their reaction was 'Gosh, a low-fat dessert can be decent!'"

The classes at New Athens High School and Kirkwood High School received gift baskets with healthful snack foods from Schnuck Markets and an American Heart Association cookbook.



T. L. Witt Photo
New Athens High School students Heather Wiggand and Kristen Helfrich evaluate a fish dinner a classmate has made.

A health, food and fitness class at Kirkwood High School mirrors today's interest in amalgamating the three studies into the same body.

Julie Frank and Lischen Fink teach three different sections of the class through the year under the "health" schedule of classes.

Frank, a physical education teacher, said, "Not many other schools offer a class that mixes all three — the classroom, kitchen and gym. They study what foods and nutrition do for you."

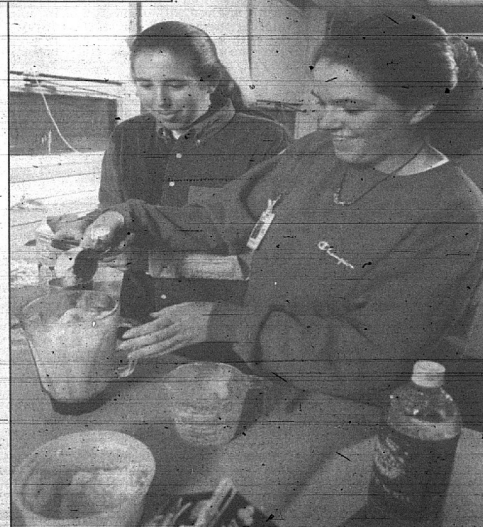
They talk about diet and dieting, relate what they eat to the food pyramid, calculate out a week's worth of meals and snacks to average 30 percent of calories from fat and check out what is nutritious from fast food restaurants. They relate their respiratory systems to the Great American Smokeout and their circulatory systems to their blood pressure and information from the American Heart Association.

The teachers get tips from the home ec department, too. In the kitchen, they cook pasta as part of an athlete's high-carbohydrate diet and healthy snacks. Athletes offer Frank her biggest feedback.

"I see the wrestlers finally understanding that the ones who maintain their weight are the ones who are most successful. At conferences parents come in and say they've heard plenty about carbs at home."

Outside guests to the class include a high school athletic trainer and a local

SEE SCHOOL WINNERS,
INSIDE TODAY'S FOOD PAGE 2



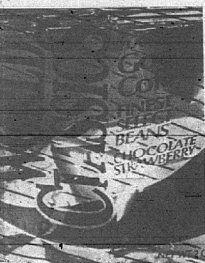
Rick Graefe Photo
Senior Carrie Barthelmass, left, and junior Almee Davison blend a fruit drink as part of their health, food and fitness class at Kirkwood High School.



Look inside for 4 pages of
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Private Label Test Run



Flavored coffees help make morning people of those who like to sleep late and give the late-night crowd flavorful pleasure.

Testers wake up to fresh coffee

The aroma of freshly-brewed coffee perks up many mornings. The Journal's Private Label Test Run this week brightened several people's desks recently as they tasted two World Classics Flavored gourmet coffees from Schnuck Markets.

Chocolate strawberry came packed in a 2-ounce package for 99 cents and the decaffeinated Irish cream flavor was ground by the shopper at the store for about 81 cents for the same amount.

The aroma of the coffees captivated testers — and the shopper before they were brewed — from the beginning. Responses ranged from "nice" and "great" to "wonderful" and "outstanding."

One tester called it "a pleasant surprise" because he didn't know flavored coffee was in the pot.

Irish cream received more favorable votes for flavor. One said it had "rich flavor... just enough to enhance the coffee." He drinks coffee throughout the day, so the variety of flavored coffees gives him an opportunity to enjoy them more, as he often adds mint or cinnamon to regular coffee on his own.

Several tasters appreciated the fact that good flavors come decaffeinated, too. None of them felt the Irish cream flavor lacked punch because it was decaffeinated.

How much coffee was used depended on individual tastes. One pre-measured two-ounce package is intended to be used in a single pot of coffee. One tester said she doesn't use the whole package.

Fiesta dinner is fantastic

Invite the family to a fiesta tonight, with plenty of time left for setting out the mariachis and sombreros for atmosphere.

In Chicken Especial, chicken breasts are lightly sautéed, then simmered about 30 minutes in a ready-to-use chunky tomato sauce with Mexican flavoring.

Tortilla Casserole can be assembled quickly with a few handy ingredients and left-over cooked chicken. If desired, the first dish can be doubled and half reserved for the layered tortilla dish later in the week.

Either way, it will set the family's feet tapping for a Mexican hat dance.

CHICKEN ESPECIAL

- 4 boned, skinned chicken breasts
- Salt, pepper and flour
- 2 tsp. oil
- 1 can (15 oz.) Mexican-flavored tomato sauce

Sprinkle chicken on both sides with salt and pepper.

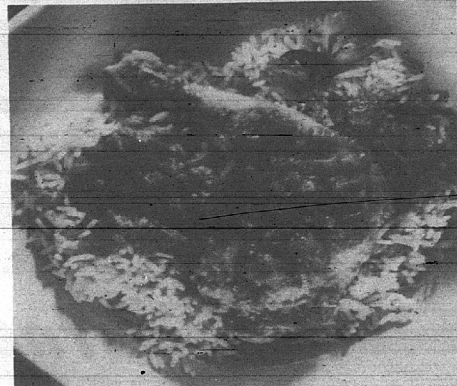
Coat with flour. In skillet, fry 2 tablespoons hot oil, lightly brown both sides of chicken. Cover with tomato sauce. Simmer, covered, 20 minutes or until chicken juices run clear. Makes 4 to 6 servings.

TORTILLA CASSEROLE

- 1 tbsp. oil
- 1/2 cup chopped onion
- 2 cups chopped, cooked chicken
- 1 can (15 oz.) Mexican-flavored tomato sauce
- 1 can (4 oz.) diced green chiles
- 1 can (2.25 oz.) sliced ripe black olives, drained
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 4 (6 inch) flour tortillas
- 2 cups (8 oz.) shredded Monterey Jack cheese

Preheat oven to 350°.

In large skillet, sauté onion in hot oil until tender. Stir in chicken, tomato sauce, chiles, olives, salt and pepper.



Brown chicken lightly, then simmer in spiced tomato sauce for a fiesta tonight.

In greased 2-quart casserole, layer 1 tortilla, one-fourth chicken mixture and 1/2 cup cheese. Repeat layers

three times. Bake in preheated oven 30 minutes. Makes 4 to 6 servings.

Wise Ways

By CYNTHIA FAUSER

Mushrooms easy to stalk in store

All year, but especially in spring, mushroom hunters stalk their favorite prey in woods and fields. While I always have been afraid to try wild varieties, I cannot miss the exotic varieties sprouting in produce aisles nowadays.

Having been in the dark long enough, I am learning to use these tasty fungi. For the most part, mushrooms are interchangeable in recipes. However, some have distinctive flavors or shapes that enhance special uses.

Of the fresh varieties, commercial white mushrooms are the most familiar. Their plump, domed shape, smooth texture and mild taste make them good for any recipe calling for mushrooms. Later portobellas — giant cousins of the more common variety — have caps up to eight inches in diameter, making them great for stuffing with savory fillings.

At the opposite end of the

scale, tiny enoki mushrooms look like little matchsticks or bean sprouts. Because they are delicate, they are best used raw in salads or sandwiches, as a garnish, or quickly stir-fried.

Shiitake and wood-ears are two Oriental imports. Shiitake are large, umbrella-shaped mushrooms with rich flavor. They do well in soup, stew and stir-fry. Wood-ears — also known as tree ears — are mild and chewy. Try them with crunchy vegetables in stir-fry or salad.

On rare occasions, I have seen morels in the market. In fact, this is a perfect time to snag a few at Soudard Market in St. Louis.

Their sponge-like caps are prized for distinctive taste and meaty texture. Primarily a wild mushroom, they are very expensive. Sauté morels in margarine or butter to enjoy their flavor. Eaten raw, they may cause an upset stomach; some people

are allergic to morels.

All fresh mushrooms should be used in three or four days. They should be stored in paper towels, paper bags or the paperboard box in which they are bought, rather than plastic bags which cause mushrooms to go soft quickly.

To clean, quickly rinse in cool water or wipe with a damp cloth. Soaking makes mushrooms soggy.

Dried mushrooms should be soaked two hours in cold water or 15 minutes in warm water. Cold water yields the best flavor. The steeping liquid can be saved, strained through a coffee filter and added to a dish for flavor. One ounce dried mushrooms in a sauce or soup serves 4 to 6 people.

Try this mushroom sauce over poached eggs on English muffins for an elegant brunch or light dinner. It is enough for 6 to 8 eggs.

MUSHROOM SAUCE

- 2 oz. fresh mushrooms, any variety, chopped
- 2 tsp. butter or margarine
- 2 tsp. flour
- 1/2 tsp. chicken bouillon granules
- 1 cup low-fat milk
- 2 tsp. white wine
- 1/4 tsp. Worcestershire sauce
- Pinch cayenne pepper

Saute mushrooms in butter until tender. Stir in flour. Add bouillon and milk. Stir until thickened.

Stir in wine, Worcestershire sauce and cayenne. Cook and stir 2 minutes more until heated through.

Registered dietitian Cynthia Fauser is nutrition specialist with University of Missouri Extension in St. Louis County.

Recipe

CHICKEN-VEGGIE STIR-FRY

- 8 oz. boned, skinned chicken breast, cut in 1-inch cubes
- Salt and freshly ground

- pepper
- 1 tbsp. olive oil
- 1/2 cup sliced green onion
- 1 large clove garlic, minced
- 1 cup sliced yellow squash
- 1 cup sliced zucchini
- 1/2 cup red bell pepper strips
- 1/4 cup chopped dried apricot or golden raisins
- 1 tsp. flour
- 1/2 cup chicken broth

- 3/4 tsp. curry powder
- 1/2 tsp. cumin
- 1/4 tsp. cinnamon
- 3 tbsp. chopped fresh cilantro or parsley
- 4 English muffins, lightly toasted

Season chicken breast with salt and pepper.

Coat 10-inch or larger non-stick skillet with nonstick cooking spray. Heat 1 tea-

spoon oil. Add chicken. Cook about 3 minutes. Remove chicken.

Heat remaining oil in same skillet. Stir-fry onion and garlic 30 seconds. Add vegetables. Stir-fry about 2 minutes.

Return chicken to skillet. Add broth, curry, cumin and cinnamon. Heat to boiling. Simmer, covered, 2 to 3 min.

Blue Ribbon Cook

Bake chicken, healthy rice for winner

Aldene Fricks, Crestwood, is the winner of this week's recipe contest for Chicken and Rice. For it she wins a prize of dinner certificates. Aldene Fricks, Crestwood, is the winner of this week's recipe contest for Chicken and Rice. For it she wins a prize of dinner certificates. Aldene Fricks, Crestwood, is the winner of this week's recipe contest for Chicken and Rice. For it she wins a prize of dinner certificates.

This main dish recipe can be made with any cut of chicken, boneless or not, skinned or not. It requires no tending; in fact, it should be left alone to ensure the dish's juiciness if the entire baking time is used. It requires only a few ingredients to ensure the dish's flavor and tenderness. Fricks advises that if it is made for company and dinner is delayed, turn the oven very low to keep it warm and the rice will turn crunchy rather than burn.

Recipes in this month's Strawberry Recipe Contest will be accepted through April 30 for consideration as winner each week in May. Send in any type of recipe for a dish that uses strawberries — appetizer, salad, snack or dessert.

One recipe per household can be sent to: Strawberry Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the Journal you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

CHICKEN AND RICE

- 3 or 4 strips bacon
- 1 cup uncooked rice
- 1/2 tsp. salt, if desired
- 1 can (10 1/2 oz.) beef consommé
- 1/2 cup water
- About 3 lb. chicken pieces, skinned and boned if desired
- Salt, pepper and paprika, if desired

Preheat oven to 325°.

Line 9-by-13-inch baking dish with bacon strips. Evenly pour rice and salt over bacon.

Pour consommé and water on top. Lay chicken on top. Cover dish with foil. Bake in preheated oven up to 2 hours.

In medium bowl, combine flour, 1/2 cup sugar, baking powder, 1/2 teaspoon cinnamon and salt. Make well in center.

Combine milk, oil, egg and vanilla. Add all at once to flour mixture. Stir until dry ingredients are moistened and liquid is distributed evenly. Pour into prepared pan.

Spread blueberries on top of batter. Combine 2 tablespoons sugar and 1/2 teaspoon cinnamon. Spoon over blueberries. Sprinkle with nuts.

Bake in preheated oven 40 minutes or until wooden pick inserted in center comes out clean.

Makes 9 servings; 192 calories, 6.4 g fat and 159 mg sodium each.

BLUEBERRY COFFEECAKE

- 1 1/2 cups flour
- 1/2 cup plus 2 tbsp. sugar
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup skim milk
- 3 tbsp. oil
- 1 egg, well-beaten
- 1/2 tsp. vanilla
- 1 1/2 cups frozen or fresh blueberries
- 2 tbsp. chopped pecans

Preheat oven to 350°. Lightly oil 8-inch square pan.

School winners

By Janice Denham
Staff writer

Continued from page 1C. triathlon participant who exercises four times a day. A Kirkwood High School graduate who played varsity sports, now a nursing student, tells them how she became bulimic.

"She comes back to talk and tell them how she lost three years out of her life," Frank said.

"I am trying to reach that kid who eats three meals a day at McDonald's. I don't see how they can survive."

Students have a chance to take home healthy-eating ideas, even those that involve a single substitution, such as a rich brownie recipe she shared with the Eating Right Recipe Contest sponsored by Suburban Journals and the St. Louis Chapter of the American Heart Association. Replacing whole eggs with

yolk-free egg product saves 1 gram fat per brownie. Making them at home and sharing them with the family earns extra credit.

Turkey burgers fit into the unit on reducing cholesterol and fat. Blender drinks are easy, refreshing snacks.

"I always learn from the kids. They come up with things they have learned and enjoyed," she said.

TURKEY BURGERS

- 1 lb. ground turkey
- 1 egg
- 1/2 cup dry Italian bread crumbs
- Combine turkey, egg and bread crumbs. Form patties.

Grill. Serve with condiments. Makes 4 servings; 267 calories and 13 g fat using 85 percent lean ground turkey, 9 g fat using 90 percent lean turkey, 3 g fat using 97 percent lean turkey each.

FUDGE BROWNIE

- 3/4 cup yolk-free egg product
- 1/2 cup oil
- 2 tsp. vanilla
- 1/2 cup sugar
- 1 cup flour
- 1/2 cup cocoa
- 1/2 tsp. baking powder
- 1/4 tsp. salt

Preheat oven to 350°. Coat 8-inch square baking dish with nonstick cooking spray.

In large bowl, combine egg

product, oil and vanilla.

In medium bowl, stir together sugar, flour, cocoa, baking powder and salt. Mix into oil mixture, stirring with spoon until dry ingredients are moistened.

Spread in prepared dish. Bake in preheated oven 25 to 28 minutes until edges are set.

Makes 16 servings; 169 calories and 7.5 g fat each. The egg product saves about 1 gram fat per brownie.

BANANA SMOOTHIE

- 2 very ripe bananas
- 1 cup ice cubes
- 1 cup skim milk

In blender, whirl bananas,

Living Lean for Adults

By TRICIA GUFFEY

Pruning fat in baking makes fudgy-rich sense

Are you looking to prune the fat from your favorite dessert and quick bread recipes? A deliciously natural fat substitute allows you to do just that without sacrificing one ounce of flavor. Most traditional muffins, cakes and brownies are loaded with fat. By replacing butter, margarine or oil with prune puree or prune butter, fat can be cut 75 to 90 percent, calories 20 to 30 percent and cholesterol to zero.

Compared with a cup of butter or margarine with 1,600 calories and 176 grams fat, one cup prune puree has only 600 calories and three grams fat. Simply use it in a direct one-to-one substitution for fat.

Prunes contain sorbitol, a naturally-occurring substance with excellent fat-replacement properties. Sorbitol allows prunes to cream like shortening and enhances the flavors of other ingredients like chocolate or cinnamon.

The results are moist, rich baked products with significantly less fat, cholesterol and calories. Take, for example, a typical serving of carrot cake, which traditionally calls for oil and eggs and weighs in at 439 calories, 22 grams fat and 55 milligrams cholesterol. By replacing the oil and egg yolks with prune puree, calories drop to 309,

fat plunges to two grams and cholesterol plummets to zero. To make prune puree, process uncooked pitted prunes with water in a food processor or blender until they are finely chopped. These yummy brownies are sure to please a picky brownie connoisseur.

LOW-FAT FUDGY BROWNIES

- 4 oz. unsweetened chocolate, cut in 1 inch pieces
- 1/2 cup prune puree or prepared prune butter
- 3 large egg whites
- 1 cup sugar
- 1 tsp. salt
- 1 tsp. vanilla
- 1/2 cup flour
- 1/4 cup chopped walnuts

Preheat oven to 350°. Coat 8-inch square baking pan with nonstick cooking spray. Place chocolate in heat-proof bowl. Set over low heat in small skillet containing 1/2 inch simmering water. Stir occasionally until chocolate is just melted. Remove from heat.

In bowl, combine prune puree, egg whites, sugar, salt, vanilla and chocolate. Beat to blend thoroughly.

Mix in flour. Spread batter in prepared pan. Sprinkle with walnuts. Bake in preheated oven about 30 minutes until springy to the touch about 2 inches around edges. Cool on rack. Cut in 1 1/2-inch squares.

Prune puree: Combine 1 1/2 cups (8 ounces) pitted prunes and 6 tablespoons water in food processor.

Pulse on and off until prunes are chopped finely. Makes 1 cup.

Makes 36 (1 1/2-inch) brownies; 58 calories, about 2 g fat, no cholesterol and 70 mg sodium each.

Recipe is adapted from "Prune the Fat" brochure by the California Prune Board. The next "I Love Eating" class will be held from 11 a.m. to 12:30 p.m. Wednesday, April 27, at the Missouri Botanical Garden, 4344 Shaw Blvd., St. Louis. Admission to the garden that morning and the class is free, but registration is required.

To register, call 45-HEART or toll-free (800) 255-9919 from outside St. Louis. Tricia Guffey is registered dietitian on staff with the St. Louis Chapter of the American Heart Association.

Recipe

CAJUN-STYLE FISH FILETS

- 1/2 cup original wheat germ
- 1/2 cup cornmeal
- 2 tsp. blackened fish seasoning
- 1 egg white
- 3 tsp. water
- 1 1/2 lb. catfish filets
- 2 medium red or green bell peppers, cut in strips

1/2 cup thinly sliced leek or green onion

Preheat oven to 450°. Lightly spray cookie sheet with nonstick cooking spray. Combine wheat germ, cornmeal and seasoning in shallow dish.

In second shallow, beat egg white and water until frothy. Dip fish in egg white mixture, then in wheat germ mixture to coat fish thoroughly. Place on prepared pan. Spray fish lightly with nonstick cooking spray. Bake in preheated oven 5

to 10 minutes until fish is lightly browned and flakes easily with fork.

While fish is baking, spray skillet with nonstick cooking spray. Sauté pepper and leek over medium heat 3 to 5 minutes until vegetables are tender-crisp. Serve over fish.

Makes 6 servings; 220 calories, 9 g fat (37 percent calories from fat), 35 mg cholesterol, 250 mg sodium, 12 g carbohydrate, 21 g protein and 2 g dietary fiber each.

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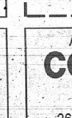
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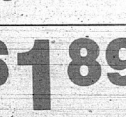


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Micro Raves

By JUDY EDDY

Classy dessert celebrates birthday of classic master

A "big finish" perfectly tops off a meal, whether it is composed of leftovers or a fancy feast.

Let's celebrate the classics this week. April 23, 1964 is the date ascribed to the birth of William Shakespeare, so we go to England for an English trifle. Traditionally, trifle is a layered dessert, best served in a tall, footed compote or bowl. Tall sides show off different layers, colors and combinations used in trifle. If a footed bowl is not available, any pretty glass bowl will do. Parfait glasses provide the perfect size for individual servings.

Basic ingredients for trifle are pudding, fruit and cake pieces or cookies. The wonderful feature of a trifle is being able to combine various flavors and colors to make use of seasonal fruits or handy ingredients.

Puddings are one of the easiest foods to microwave. Stovetop cooking of pudding always has a risk of scorching. Because a microwave oven cooks evenly, all surfaces are heated at once. It is necessary to stir pudding as it cooks, more frequently as it begins to thicken, but the entire procedure is complete in minutes.

Glass measuring cups are perfect for cooking pudding. The handle offers safety while stirring as well as pouring into serving dishes. Cook the mixture on high power.

This English Trifle will earn micro raves for its beauty and flavor down to the last lick of that gorgeous bowl. By using baked pound cake, the whole dish can be prepared — including making the pudding — in a total of 30 minutes, with hands-off time left for chilling the pudding.

For delicious spring variety, substitute fresh strawberries for the pie filling. Angel food cake can be used for pound cake for less fat. Chocolate pudding also can be used.

ENGLISH TRIFLE

- 1/2 cup sugar
- 3 tsp. cornstarch
- 1/4 tsp. salt
- 2 cups milk
- 2 eggs
- 1 tsp. margarine
- 1 tsp. rum flavoring
- Pound cake pieces
- Almond liqueur, if desired
- 1 can (21 oz.) cherry pie filling
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1/2 cup miniature chocolate chips
- 1 cup pecan halves

Combine sugar, cornstarch and salt. Blend milk and eggs. Gradually stir into sugar mixture in microwave-safe cup or bowl. Cook on high power 5 to 6 minutes, stirring at least once every

minute, until mixture comes to boil.
Remove from microwave. Stir in margarine and flavoring. Chill before combining

with rest of trifle ingredients. Layer 1 to 2 cups cake pieces in bottom of glass serving bowl. Sprinkle with liqueur. Gently layer half the

pudding over cake, then spread with half the chocolate chips and half the pecans. Repeat layers in same order. Top with

remaining whipped topping. Chill at least 1 hour before serving.
Note: To make chocolate pudding, stir 1/2 cup semi-

sweet chocolate chips into mixture while it is hot.
Home economist Judy Eddy specializes in microwave cooking.

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Hit express dinner lane with homey seafood dish

Carpools. Traffic. After-hours appointments. Finally you're home — facing the question of what to prepare for dinner. There has been no time to think about it the past few hours.

These recipes look like they took hours to fix, when actually the most they require is a little shopping ahead to have the kitchen stocked. Last-minute preparation is minimal, thanks to the main ingredient, surimi seafood.

Seafood flavored to imitate crab or lobster appears in the refrigerator or freezer or in the fresh seafood section of supermarkets.

It is made from white-fleshed fish — primarily Alaska pollock — which is minced, flavored and shaped as sticks, chunks or flakes. Versatile and reasonably priced, it can be served chilled or heated briefly until just warm for family or company meals. With a mild, slightly sweet flavor, it works its way into a variety of flavorful meals.

The quickest of the quick is Buttered Seafood Coquilles. Chunks of surimi are spooned into individual shells or dishes, drizzled with melted butter, lemon juice and Dijon mustard and topped with buttered bread crumbs for a quick turn in the oven. Herbed rice, fresh fruit and a bakery roll complete this meal.

Paella is a beautiful, bountiful dish with Spanish heritage. This meal-in-a-dish combines meats, seafood, vegetables and rice. Although traditionally a half-day recipe, paella can be on the table in little more than 30 minutes. The secret is using convenience foods — completely cooked drumsticks that only need reheating; a package of saffron rice mix; frozen artichoke hearts, peas and shrimp; canned clams, tomatoes and chicken broth, surimi seafood. It is a fun dish to serve, because the more you spoon into it, the more ingredients you find.

lobster (surimi) seafood, (chunk style)
5 tbsp. butter or margarine
2 tsp. lemon juice
1½ tsp. Dijon mustard
6 tsp. bread crumbs
4 tsp. chopped fresh parsley

Preheat oven to 350°. Divide seafood among four greased scallop shells or individual baking dishes.

Melt 4 tablespoons butter in small saucepan. Stir in lemon juice and Dijon mustard until smooth. Spoon evenly over seafood.

Melt remaining 1 tablespoon butter. Add bread crumbs. Toss well. Sprinkle evenly over seafood.

Place dishes on baking sheet for easier handling. Bake in preheated oven 10 to 15 minutes until heated through and crumbs are golden brown and crisp. Sprinkle with parsley to serving.

Makes 4 servings; 283 calories, 15 g protein, 16 g fat (51 percent calories from fat), 22 mg cholesterol and 1,239 mg sodium each.

PAELLA

1 can (28 oz.) whole peeled tomatoes, undrained
1 cup chicken broth
¼ cup chopped onion
2 cloves garlic, minced

1½ tsp. oregano
1 pkg. (6 oz.) rice flavored with saffron
1 pkg. (10 oz.) frozen peas, thawed
1 pkg. (9 oz.) frozen artichoke hearts, thawed
6 oven-roasted drumsticks (about 1 lb.)
1 pkg. (10 oz.) frozen cooked shrimp, thawed
8 oz. imitation crab or lobster (surimi) seafood, chunk style
1 can (10 oz.) whole baby clams, drained

Drain tomatoes, reserving 1 cup juice. Chop tomatoes. Drain in colander.

Combine chicken broth, reserved tomato juice, onion,

garlic and oregano in Dutch oven. Bring to boil. Add rice. Reduce heat. Simmer, covered, 15 minutes.

Add tomatoes, peas, artichoke hearts and drumsticks. Simmer, covered, 10 minutes. Add shrimp, seafood and clams. Simmer, covered, 5 to 10 minutes until heated through.

Makes 6 servings; 524 calories, 56 g protein, 48 g carbohydrates, 12 g fat (29 percent calories from fat), 200 mg cholesterol and 1,012 mg sodium each.

SANTA FE CHICKEN

1 tbsp. flour
1 tbsp. chili powder

4 skinned, boned chicken breast halves (about 1 lb.)
1 tbsp. oil
1 can (10½ oz.) chicken gravy
¼ cup (1 oz.) shredded Monterey Jack cheese

4 flour tortillas, warm
On waxed paper, combine flour and chili powder. Coat chicken with flour mixture.

In 10-inch skillet over medium heat, in hot oil, cook chicken 10 minutes. Remove. Pour off fat.

Stir gravy into same skillet. Heat to boiling. Return chicken to skillet. Reduce heat to low. Cook, covered, about 5 minutes, stirring occasionally, until chicken is no longer pink. Sprinkle with cheese. Serve with tortillas.

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FEELING FIT

By Mark
Lymberopoulos

Swimming is an all-around exercise, good for heart and lungs, muscle strength and endurance. It's easy on the joints and improves flexibility. Pool workouts even get good marks as stress relievers. And vigorous swimming can burn 500 to 600 calories an hour.

Salted tip: the darker the green in a leaf vegetable, the more nutritious. Iceberg lettuce has almost nothing but crunch. Choose vitamin-rich arugula, spinach or dandelion greens. More and more stores today carry a wide variety of greens.

"Spinning" is a fun way to enhance an exercise-bike workout. While you pedal, the instructor calls out tips that help you pretend your climbing hills and racing.

Push-ups remain one of the best upper-body exercises, where the weight you're resisting is your own. Standard push-ups are too difficult, try the modified version with knees on the floor, so you have less weight to lift. Keep torso straight and don't arch your back.

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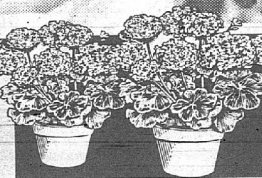
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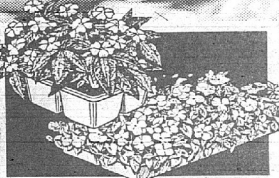
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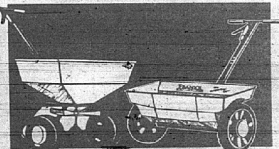
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Bake-easy 'from scratch' by starting with a mix

Home-baking is on the rise with an important difference. Baking is faster and smarter with the advantage of using a growing number of mixes — bread, cookie, cake and others — on "supermarket shelves."

Convenience baking though is more than just following directions on a box. Consumers find creative ways to personalize their baking.

For example, some make a mix more healthful by using egg whites and yogurt in place of whole eggs and oil in a cake mix, or adding quick-cook or old-fashioned oats to blueberry muffin mix. Others match ingredients to suit their families' tastes.

Raisin lovers get their fill added to pumpkin bread mix. For pumpkin streusel muffins, follow the directions for making muffins on pumpkin quick bread mix. Top batter with combined 1/4 cup uncooked oats (quick or old-fashioned), 1 tablespoon packed brown sugar, 1 tablespoon margarine, melted, and a pinch of pumpkin pie spice before baking.

The chocoholic takes a sweet "fix" by stirring chunks or chips of semisweet or white chocolate into fudge brownie mix. For more indulgence, serve warm with ice cream and purchased fudge sauce, or cool and cut in squares, then sandwich ice cream between two layers.

Berry-Licious Lemon Streusel Cake does double-duty as coffee cake and dessert. A plain yellow cake mix gets personality from fresh berries and old-fashioned streusel topping. Oats are added to the cake batter for whole-some, whole grain texture and extra B vitamins. Either quick or old-fashioned oats works well. To trim fat and cholesterol, low-fat yogurt replaces oil in the package directions and egg whites are substituted for whole eggs.

BERRY-LICIOUS LEMON STREUSEL CAKE

1 pkg. (2 layers) yellow cake mix

3/4 cup uncooked oats
1 cup water
1/2 cup plain low-fat yogurt
3 egg whites
1 tbsp. grated lemon peel
1/2 cup fresh or frozen blueberries
Streusel Topping

Preheat oven to 350°. Lightly grease and flour sides and bottom of 13-by-9-inch pan.

In large bowl, combine 1 cup cake mix, oats, water,

yogurt, egg whites and lemon peel. Blend at low speed of electric mixer until moistened. Beat at medium speed 2 minutes, occasionally scraping side of bowl. Gently fold berries into batter.

Pour batter into prepared pan. Sprinkle Streusel evenly over top of batter. Bake in preheated oven 35 to 37 minutes until wooden pick inserted in center of cake comes out clean.

Cool completely on wire rack.

Streusel Topping: Combine 1 cup uncooked oats; 1/4 cup cake mix, oats, water,

1/4 cup flour and 1/4 cup margarine or butter, melted, until crumbly.

Makes 16 servings; 240-calories, 7 g fat (35 percent calories from fat), no cholesterol, 250 mg sodium, 40 g

carbohydrate, 4 g protein and 1 g dietary fiber each.
Mexican Chocolate Cake: Add semisweet chocolate chips to chocolate cake mix. Add 1/2 teaspoon cinnamon to Streusel Topping.

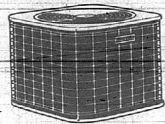
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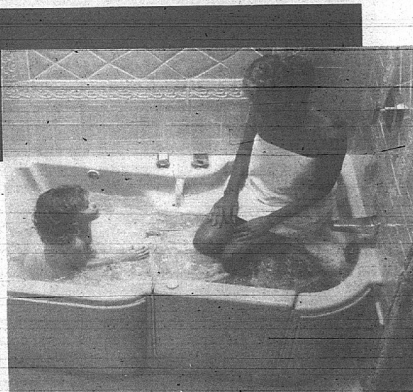
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Snappy popcorn, salsa capture snack initiative

Americans are more concerned than ever with healthy eating, but maintaining sound eating habits does not mean giving up favorite foods. There is no need to suffer when those foods are wholesome and fun to eat. Popcorn has been an all-American snack food favorite since the Indians first introduced it to the Pilgrims. It is nutritious, tasty and easy to prepare.

Reduced-fat popcorn can be popped in a microwave in minutes for convenience. Add a little seasoning or toss with dry salad dressing or seasoning mix for instant variety.

Another way to spice up snacks is with salsa. Use flat fresh vegetable rounds or pretzel chips to dip it with less fat and more variety than regular potato chips.

POPCORN MIX

- 1 bag (3.5 oz.) light microwave popcorn
- 2 tbs. butter or margarine, melted
- 1 tbs. Italian seasoning or salad dressing mix

Pop popcorn according to package directions. Place in large bowl.

Drizzle melted butter over top. Sprinkle with dressing mix. Toss lightly to coat.

Makes about 3 quarts. Variations: In place of Italian seasoning, use 1 tablespoon ranch salad dressing mix, 1 tablespoon sloppy Joe seasoning mix or 1 tablespoon Mexican seasoning.

- pepper
- 1/4 cup chopped onion
 - 1/4 cup chopped fresh parsley
 - 1 clove garlic, minced
 - 1 tsp. oil
 - 2 cans (16 oz. each) peeled tomatoes, drained, chopped
 - 1/2 tsp. leaf thyme
 - 1/4 tsp. ground red pepper
- Chopped parsley for garnish, if desired. Pretzel chips or bite-size fresh vegetables

In large skillet over medium heat, cook green pepper, onion, parsley and garlic in oil 3 minutes or until vegetables are tender.

Stir in tomato, thyme and pepper. Cook 10 minutes longer. Chill, covered, until serving time.

Garnish with chopped parsley. Serve as dip with pretzel chips. Makes 1 1/2 cups dip.

SPICY SALSA DIP

- 1 cup chopped green bell

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St. Clair County Healthcare Commission
presents

RESPIRATORY HEALTH ISSUES

Wednesday, April 27, 1994
Exhibits open - 5:30 p.m.
Education session - 7 to 9 p.m.

Shrine of Our Lady of the Snows
Tom Dooley Center
Belleville, Illinois

This free conference is designed to raise awareness of the health benefits of clean air, inform residents of industry's efforts to improve air quality in St. Clair County as well as offer medical advice and practical information for coping with respiratory problems, including asthma, allergies and chronic respiratory illnesses.

PROGRAM

5:30 p.m.

Pulmonary Function and Pulse Oximeter Testing by Memorial and St. Elizabeth's Hospitals

EXHIBITS OPEN

PERSONAL HEALTH

Including lifestyle issues and concerns; will address preventative steps you can take against secondary and environmental modes. Gerald Suchomski, MD, Program Director, Belleville Family Practice

BUSINESS/INDUSTRY

Learn what steps local industry has taken and what's being planned to continue the improvement in local air quality. Keith Miller, General Superintendent, Environmental Safety and Health, Monsanto

ENVIRONMENTAL

Learn how the major modes of emissions (auto-school building syndrome, radon) affect the quality of indoor and outdoor air in the St. Clair County area and find out what preventative steps can be taken to improve air quality.

Sharon LaFollette, Ph.D., Environmental Toxicologist, Assistant Professor, Illinois State University

A question and answer session will follow the presentation.

REGISTRATION

Reservations are requested and can be made by calling the St. Clair County Health Department-Health Promotion Division at 233-7703.

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By JANICE DENHAM

Habanero chile pepper is perfect '10'

By Janice Denham
Staff writer

A hot little trail in our office recently led to fresh habanero (hah-bah-NYER-o) chiles.

These are not your little green chiles in a can. They rank 10 on a heat-scale of 10 and live up to their reputation.

Ours were delivered fresh. A few green ones quickly turned a serape-stripe color of orange. Those available dried in some supermarket produce sections are about the same size as the fresh, but lacking in color.

We decided to tread carefully when we used them, looking forward to a day when the faint-of-heart would not be dining at our tables. In the meantime, a teenager visiting my house popped

one whole in his mouth one day and reported back that there was no sting going down, but he and his stomach awoke on the slightly queasy side of the bed the next two mornings.

As people's palates have broadened to desire hotter foods, the habaneros have become more available. Scanning a favorite book with Southwestern recipes printed just six years ago yielded no recipes for chiles this intense.

The greatest temptation in using very hot ingredients is to rely on their heat instead of their flavor.

To make chili with the habaneros, I used just two for a large pot, adding lots of tomato sauce to smooth the flavor. Mine was stingy on garlic, so I would add more

the next time. Even with only two, the heat's sting is felt on the way down.

Another writer used his for a chicken casserole. He made a red sauce with canned tomato sauce and a variety of flavors — including oregano, garlic and onion — and two habaneros. He poured it over three pounds of chicken pieces and baked it. His wife, not as fond of hot foods, would have preferred half the heat.

Someone jumping on the habanero chile wagon may be tempted to check its heat on its own. My recommendation is to chop it very finely

— beware of hands, aroma and eyes — and try a single piece. You will feel it on the lips, as well as in the mouth. If it is uncomfortable, sip on milk until the intensity subsides, which may take at least 30 minutes or so.

This type of hot punishment is not for the unsuspecting. It is best used in sauce so the flavor has a means of smoothing itself out. Cheese is a good vehicle for blending it. Serve cool flavors, like fruit, and icy drinks on the side.

Recipe

PUDDING CHEESE PIE

- 1 pkg. (8 oz.) cream cheese
- 2 cups milk
- 1 pkg. (4 servings) instant lemon pudding
- 1 graham cracker pie crust, baked, cooled

In bowl, blend cream

cheese until well softened. Add $\frac{1}{2}$ cup milk a little at a time, blending until mixture is very smooth. Add remaining $\frac{1}{2}$ cups milk and pudding mix. Beat slowly with whip or rotary beater about 1 minute until just well mixed.

Pour mixture into crust. Chill until set. Makes 8 servings.

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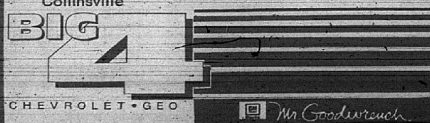
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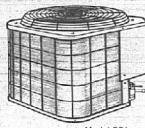
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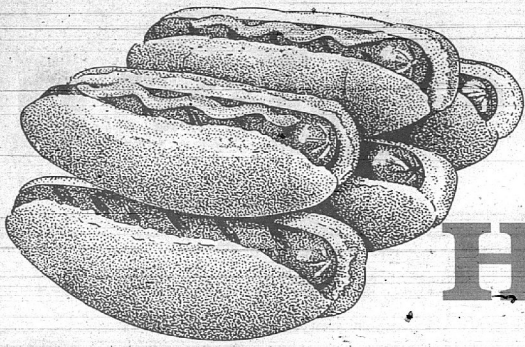
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dresser, headboard, mirror, frame

\$298
The OXFORD HALL
dresser, headboard,
mirror, frame

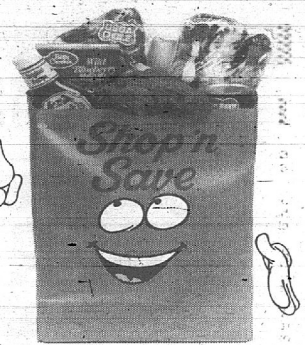
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mirror, frame

\$188
The Chastity Bedroom
dresser, headboard, mirror, frame



Hot Price! Hot Dog!



**Hygrade All Meat
Hot Dogs**

79¢
1-LB.
PKG.

**Shop 'n Save Hot Dog
or Hamburger Buns**

29¢
8 TO 12
COUNT PKG.
LIMIT 4

**Weight Watchers
Smart Ones Entrees**

2/\$3
7 TO
11-OZ.

**Budget Gourmet
Light & Healthy Entrees**

4/\$5
8 TO
10-OZ.

**Nestea Instant Tea
Reg. or Decaf.**

199
3-OUNCE

**Tasters Choice
Instant Coffee**

389
7-OUNCE
REG. OR DECAF.



**ASSORTED VARIETIES
Pop Secret
Microwave Popcorn**

99¢
7.5 TO
10.5-OZ.

**ASSORTED VARIETIES
Kas
Potato Chips**

79¢
6-OZ.
BAG

**PERFECT BALANCE OR FAC
Hills Bros.
Coffee**

395
36 TO 39-OZ.

**NESTLE QUIK
Chocolate
Drink Mix**

279
2-POUND

**ASSORTED VARIETIES
Keebler
Sandies Cookies**

2/348
17 TO
18-OZ.

**ASSORTED VARIETIES
Tombstone 12-Inch Double
Top or Special Order Pizza**

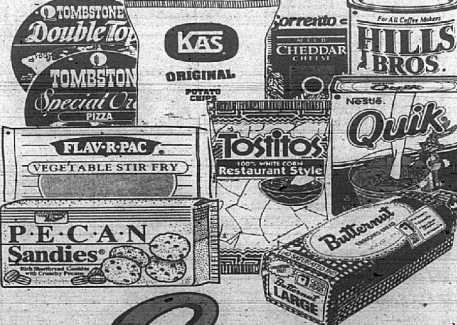
4/698
35.75 TO
38.97-OZ.

**Butternut
Bread**

79¢
16-OZ.
LOAF

**ASSORTED VARIETIES
Sorrento
Shredded Cheese...**

99¢
8-OZ.



**ASSORTED VARIETIES
Flav-R-Pac
Stir Fry Vegetables**

99¢
16-OZ.

**Tostitos
Tortilla Chips**

199
14.5 TO 16-OZ.

**ASSORTED
Dolly Madison
Zingers**

99¢
9 TO
10-OZ.

**EVERYDAY LOW PRICE
Certified
White Bread**

25¢
18-OZ.
LOAF

**40-POUND BAG
Peat Moss
or Top Soil**

98¢
LIMIT
10

Shop 'n Save

The more you shop
the more you save. SM

These Labels Mean G



SHOP 'n SAVE

Shop 'n
Save
Saltines



19¢
16-OZ.
BOX
LIMIT 5

Shop 'n Save
Hamburger
or Hot Dog
Buns



29¢
8 TO 12
COUNT
LIMIT 4

Shop 'n Save
Canned
Vegetables

WHOLE KERNEL OR CREAMED
CORN OR CUT OR FRENCH
STYLE GREEN BEANS



5/\$2
16-OZ.

Shop 'n Save
Tea Bags.....

179
100-COUNT

SLICED OR HALVES

Shop 'n Save
Peaches.....

77¢
16-OZ.

SHOP 'N SAVE

Whole
Tomatoes.....

2/\$1
16-OZ.

SHOP 'N SAVE

Coffee
Creamer.....

139
22-OZ.

SHOP 'N SAVE

Kosher
Dill Pickles.....

99¢
32
OZ.

SHOP 'N SAVE

Hamburger
Slices.....

99¢
32
OZ.

SHOP 'N SAVE

Lawn & Leaf
Bags.....

2/\$3
10
COUNT

SHOP 'N SAVE

Trash
Bags.....

299
40-COUNT

BI-RITE

Honey
Grahams.....

99¢
16
OZ.

BI-RITE

Cranapple or Cranberry
Cocktail Juice.....

167
64-OUNCE

**TOTAL
VALUE**

Bi-Rite
Bath
Tissue



99¢
6
PACK

•EVERYDAY LOW PRICE•

Bi-Rite
Salt Regular
or Iodized



10¢
26
OUNCE

Allways Rite
Paper
Towels



3/99
SINGLE
ROLLS

**Liquor Dept.
Red Tag Values**

LIQUOR PRICES GOOD AT
ILLINOIS STORES ONLY

24-PACK
Busch
Beer.....

988
12-OUNCE CANS

OUR LOW PRICE *\$5.99
Seagram's
Gin.....

499
AFTER *1 ON
LABEL COUPON
750-ML. BTL.

12-PACK
Ice Draft Beer
From Budweiser ...

619
12-OZ.
CANS

OUR LOW PRICE *\$8.99
Popov
Vodka.....

699
AFTER *2 MAIL-
IN REBATE
1.75-LTR. BTL.

SUTTER HOME
White
Zinfandel.....

299
750-ML. BTL.

12-PACK
Coors Beer
Reg. or Light.....

539
12-OZ. CANS

24-PACK
Milwaukee's Best
Reg. or Light BEER

699
12-OZ. CANS

Jack
Daniels Whisky.....

1099
750-ML.
BTL.

Seagram's
V.O.

1499
1.75-LTR.
BTL.

ASSORTED VARIETIES
Seagram's
Wine Coolers.....

2/\$5
4-PACK
NR.
BTL.

Greater Savings!

AT SHOP 'N SAVE THE CHOICE IS YOURS...

Save on top brand name products or save even more with Shop 'n Save's line of private label products. Compare the quality. Compare the low prices.



**Bi-Rite
Chunk
Tuna**



43¢
6.12-OZ.
CAN

ASSORTED FLAVORS
**Shop 'n Save
Ice Cream**



99¢
HALF
GALLON

**Shop 'n Save
Bleach**



79¢
GALLON

**BI-RITE
Dog
Biscuits**

1.99
4 POUND

**Bi-Rite
Shortening**

99¢
42
OZ.

**TOTAL
VALUE**

•EVERYDAY LOW PRICE•
**Nature's Best
Pizza, Asst. Var.**

2/\$5
24
OZ.

**ALLWAYS RITE
Foam
Plates**

99¢
50
CT.

**BI-RITE
Drinking Water
Gallon**

2/.98

**BI-RITE
Vegetable
Oil**

99¢
24
OZ.

**NATURE'S BEST
Honey Nut
Toasted Oats**

2/\$4
14-OZ.

**BI-RITE
Pine
Cleaner**

99¢
28
OZ.

**SHOP 'N SAVE
Peanut Butter
Crunchy or Creamy**

99¢
18
OZ.

**BI-RITE
Window
Cleaner**

1.29
22-OUNCE

**Bi-Rite
Chilled
Orange Juice**



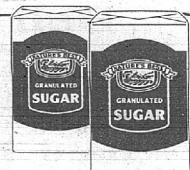
99¢
HALF
GALLON

**Interstate
Crinkle-
Cut Fries**



99¢
5-LB.
BAG

**Nature's
Best
Sugar**



2/\$3
5-LB.
BAG

Health & Beauty

**SAVE 98¢
Edge
Shave Gel**

2/\$3
7-OZ. OR
8.4-OZ.
BONUS

**SKINTIMATE
Woman's
Shave Gel**

2/\$3
7-OZ. OR
8.4-OZ.
BONUS

**WHITE RAIN
Shampoo, Conditioner,
Hair Spray or Mousse**

87¢
5 TO
15-OZ.

**ARM & HAMMER
Dental Care, Reg.
or Stand Up Tube**

3/\$5
4.5 TO
5-OZ.

**OUR LOW PRICE \$1.99
Soft Sense
Lotion, 10-OUNCE**

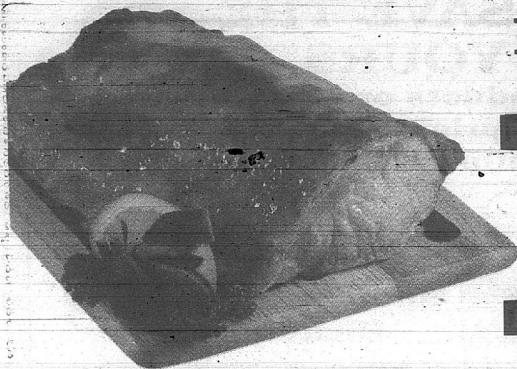
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AFTER \$1.99
MAIL-IN REBATE
AVAILABLE IN-STORE



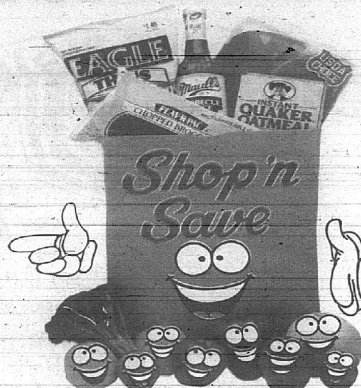
Low Prices! ~~TOTAL~~ VALUE

EVERY TIME YOU SHOP

RIB OR LOIN END
Pork Roast



129
lb. LIMIT 2



Center Cut Rib
Pork Chops

199
lb.

Fresh
Chicken Wings

79¢
JUMBO
PACK
lb.

Bone-In
Country Style Ribs

179
lb.

Kahns Chunk
Braunschweiger.....

99¢
1-LB.
PIECE

ALL VARIETIES

Swift Brown 'n
Serve Sausage

99¢
7
OZ.

Wilson Corn King
Sliced Bacon

149
1-LB. PKG.

Perdue Fresh
Ground Turkey

199
lb.

CHUNKS OR PATTIES
Tyson Boneless
Chicken

2/\$5
10.5
OZ. PKG.

HYGRADE
All Meat
Hot Dogs

79¢
1-LB.
PKG.

Hygrade Sliced
Bologna

89¢
1-LB.
PKG.

6 TO 7-LB. AVG.
Cook's Bone-In
Shank Portion Ham

99¢
lb.

Oscar Mayer
Sliced Bologna.....

2/\$3
1-LB.
PKG.

Deli/Bakery/Seafood Shop

Swift Premium
Hard Salami

429
lb.

50 TO 60-COUNT
Medium Size
Gulf Shrimp

499
lb.

California
Strawberries

78¢
lb.

Provel Cheese
Sliced or Roped.....

399
lb.

Fresh
Garlic Bread

119
8-OZ.
LOAF

Kanimi
Crab Flakes

299
lb.

SEEDED OR CORN TOP
Steak
Buns

99¢
6-CT.

IN HUSK
Sweet
Yellow Corn.....

6/98

Florida
Juice Oranges

198
5-LB. BAG

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the more you save. SM

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524-290
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Pack 15 holds Blue and Gold Banquet

Feb. 20 was the Blue and Gold Banquet for Pack 15 sponsored by Eagles Aerie 1126.

Cub master Richard Waeltermann welcomed everyone. Dinner was served by Eagles 1126 Auxiliary. The tables, decorated by Cub Scouts, were in the blue and gold motif.

Honored guests at the head table were Bandy Odum, Aerie 1126 president; Nick Kostoff, Pack 15 treasurer, and wife, Catherine; Joe Schuster, Cahokia Mounds district executive, and wife, Marge; Vicky Williams, Pack 15 secretary; Richard Waeltermann, Cub master; Dan Worthen, assistant Cub master; C.R. LeRoy Stark and wife, Shirley; and Flo Stokes, committee chairman, and husband, Chuck Stokes.

The invocation was given by LeRoy Stark. Waeltermann asked Boy Scouts Doug Mueller, Brandon Houser, Terry Kerher and Webe Jason Brandon of Troop 46 to present the colors. Entertainment was provided by Den 3 Bears on how medicine lived and how their teepees were made and moved across country. Den 7, first year webelos, did a musical skit on the Yellow Submarine.



John Heck of Den 6 was the overall winner in the Pack 15 pinewood derby.

Advancements were presented by Gary Guika and Worthen. Quality Unit awards were given to Waeltermann by Guika. Schuster presented the Acron Plaques to Stokes and Worthen who were not at the dinner for

awards in January.

Stokes was presented a basket of flowers from the Leaders of Pack 15.

The crossing over ceremony was conducted by Waeltermann and Worthen. Ten webelos, Jason Brandon, Chris McMama, Jeffery Melton, John Heck, Jon Dickerson, Stephen Bledsoe, Jamie Gavilsky, Adam Johnnesse, Joshua Reyes and Michael Smith were accepted by Troop 46 Scout Master J.W. Wyatt and assistant Scout Master Mike Graves.

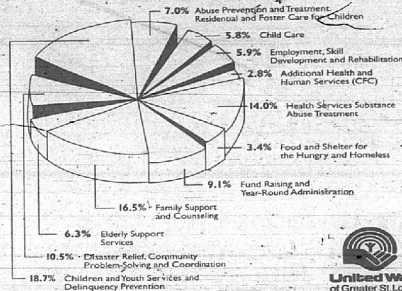
Trophies were awarded by Guika for the 1993 first, second and third place winners in the fishing derby sponsored by the Bass Club of Aerie 1126, the 1993 bike rodeo and the 1994 pinewood derby. Trophies were given to the Tigers for their Hot Wheels and placement ribbons were recognized. The overall winner of the Pack was Den 6's John Heck. The most unique car trophy was awarded to Den 3's Robin Clutts Jr. Waeltermann asked the graduating Scouts to retire the colors for the last time. This concluded the blue and gold banquet.

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SHOP JOURNAL CLASSIFIED

Every Issue Is Loaded With Listings.

How United Way Helps In Our Community



Military

Frederick Coleman

Army Private First Class Frederick J. Coleman has completed a light wheel vehicle mechanic course at Fort Leonard Wood, Wayneville, Mo.

During the course, students learned to perform organizational maintenance and assist in the repair of automotive vehicles and associated equipment. They became familiar with the functioning of automotive wheeled vehicle components, operating principles of internal combustion engines, fundamentals of fuel and electrical systems and the use of test equipment.

Coleman is the brother of Diane Harris of Granite City.

Coleman is a 1993 graduate of Eureka High School, Eureka, Mo.

Matthew Szerzinski

Air Force Airman Matthew S. Szerzinski has graduated from Air Force basic training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Szerzinski is the son of Linda M. Szerzinski and Leo J. Szerzinski, both of Madison.

Szerzinski is a 1993 graduate of Madison Senior High School.

Anthony Wilson

Army Private Anthony C. Wilson has completed basic training in Fort Jackson, Columbia, S.C.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid and Army history and traditions.

Wilson is the son of Annette M. Hilton of Madison.

Wilson is a 1991 graduate of Madison Senior High School.

April Marsh

April D. Marsh of Granite City has joined the U.S. Army, according to her recruiter, Sergeant Timothy Dickerson of the U.S. Army Recruiting Station located at 3975 Nameoki Road, in Granite City.

Private Marsh has received the Army's written guarantee that she will receive training in the job specialty of her choice, military police.

Marsh, who is a 1993 graduate of Granite City High School, will take basic and advanced individual training at Fort McClellan, Ala., reporting for duty May 25.

She is the daughter of Thomas and Pamela Marsh of Granite City.

Jeffrey Sellers

Navy Petty Officer Third Class Jeffrey A. Sellers, son of Rosalie D. King of Madison, recently returned from a four-month Persian Gulf deployment with Fighter Squadron 21, Naval Air Station, Miramar, Calif., as part of the aircraft carrier USS Independence Battle Group.

Fighter Squadron 21 served in support of the United Nations' sanctioned Operation Southern Watch.

Seller's squadron flies the F-14 Tomcat air superiority fighter, which can attack and destroy multiple airborne targets.

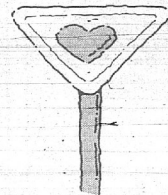
Various units of the battle group had the opportunity to conduct port calls in Singapore, Abu Dhabi, Dubai and Jebel Ali, United Arab Emirates; Manama, Bahrain; Pattaya, Thailand and Hong Kong.

The Navy and Marine Corps operate forward to project a positive American image, build foundations for viable coalitions,

enhance diplomatic contacts, reassure friends and demonstrate U.S. power and resolve, from the sea.

The 1988 graduate of Gillespie High School, Gillespie, joined the Navy in March 1987.

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